

Mung Dal Product Details

Net Weight: 400g (14.11oz)

Nutrition Facts		
Serving Size: 28.35g (1oz)		14 servings per pack
Amount per serving		% DV*
Calories	143	
Total Fat	5g	6%
Saturated Fat	2g	12%
Trans Fat	<0.1g	
Cholesterol	<0.1mg	<0.1%
Sodium	109mg	5%
Total Carbohydrate	15g	4%
Dietary Fibre	5g	19%
Total Sugars	0.4g	
Added Sugars	<0.1g	<0.1%
Protein	6g	13%
Vitamin D		<0.1%
Calcium		1%
Iron		5%
Potassium		5%
*The % Daily Value (DV) tells you how much a nutrient serving of food contributes to a daily diet. For general nutrition advice, 2000 calories a day is used.		

Ingredients
Green Gram Splits (84%), Edible Vegetable Oil (Palm olein) (15.2%), Iodised Salt (0.6%), Black Salt (0.2%)

Nutrition Information	
Typical Value (approx.)	per 100g
Energy	2109 KJ/504 kcal
Fat	17.5g
of which Saturates	8g
Carbohydrates	54.5g
of which Sugar	1g
Sodium	385mg
Fibre	19g
Protein	22.7g
Salt	1g

Allergen Advice:

The product is made in a facility that processes Peanut, Tree Nuts, Soya, Sesame Seeds and Cereals