

Masala Sev Murmura Product Details

Net Weight: 250g (8.82oz)

Nutrition Facts		
Serving Size: 28.35g (1oz)		9 servings per pack
Amount per serving		% DV*
Calories	150	
Total Fat	8g	12%
Saturated Fat	4g	18%
Trans Fat	<0.1g	
Cholesterol	<0.1mg	<0.1%
Sodium	240mg	10%
Total Carbohydrate	16g	5%
Dietary Fibre	1g	4%
Total Sugars	<1g	
Added Sugars	<1g	<2%
Protein	3g	
Vitamin D		0%
Calcium		4%
Iron		6%
Potassium		3%
*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	
Puffed Rice (48%), Chickpea Flour (25%) Edible Vegetable Oil (Palmolein) (19.5%), [†Dehydrated Vegetable Powder (Onion, Garlic, Tamarind), Rice Flour, Iodized Salt, Sugar, Soya Powder, Acidity Regulator (E330)] (7.5%)	
Spices & Condiments (Chilli [1%], Black Pepper, Oregano, Curry Leaves, Ginger, Cumin, Asafoetida)	3%

Nutrition Information	
Typical Value (approx.)	per 100g
Energy	2116 KJ/513 kcal
Fat	28.3g
of which Saturates	12g
Carbohydrates	55.3g
of which Sugar	2.3g
Sodium	840mg
Fibre	4.3g
Protein	9.2g
Salt	2.1g

Allergen Advice:

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