

Ratlami Sev Product Details

Net Weight: 400g (14.11oz)

Nutrition Facts		
Serving Size: 28.35g (1oz)		14 servings per pack
Amount per serving		% DV*
Calories	160	
Total Fat	11g	17%
Saturated Fat	5g	25%
Trans Fat	0.0g	
Cholesterol	0.0mg	0.0%
Sodium	290mg	12%
Total Carbohydrate	12g	4%
Dietary Fibre	2g	8%
Total Sugars	0g	
Added Sugars	0g	0%
Protein	4g	
Vitamin D		0%
Calcium		1%
Iron		6%
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	
Chickpea Flour (46%), Edible Vegetable Oil (Palm olein) (34%), Moth Bean Flour, Iodised Salt (2.5%)	
Spices & Condiments (Chilli Powder [0.84%] , Ginger Powder, Clove Powder, Pepper Powder, Carom Seed, Cumin Powder, Asafoetida)	2.5%

Nutrition Information	
Typical Value (approx.)	per 100g
Energy	2356 KJ/563 kcal
Fat	37.7g
of which Saturates	16g
Carbohydrates	40.7g
of which Sugar	0.4g
Fibre	6.8g
Protein	15.3g
Salt	2.6g

Allergen Advice:

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