

## Rumbles – Pudina Twist Product Details

Net Weight: 135g (4.76oz)

Nutrition Facts		
Serving Size: 28.35g (1oz)		5 serving per pack
Amount per serving		% DV*
Calories	161	
Total Fat	10g	15%
Saturated Fat	5g	25%
Trans Fat	<0.1g	
Cholesterol	<0.1mg	<0.1%
Sodium	210mg	9%
Total Carbohydrate	15g	5%
Total Sugars	1g	
Includes added sugar	1g	2%
Fibre	1g	4%
Protein	2g	
Vitamin D		0%
Calcium		2%
Iron		3%
Potassium		11%
*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	
Potato (88%), Edible Vegetable Oil (Palm Olein) (7%), Iodised Salt (1.5%), Maltodextrin (1.5%), Dehydrated Vegetable Powder (Onion, Garlic, Tamarind, Dry Mango) (0.18%), Sugar (0.1%), Hydrolysed Vegetable Protein (Soya) (0.1%), Black Salt (0.1%), Acidity Regulator (E330) (0.01%), Flavour Enhancer (E627, E631) (0.01%)	
Spices & Condiments: Cumin, Coriander, Cinnamon, Clove, Cardamom, Mace, Ginger, Mustard, Fenugreek, Chilli, Black Pepper, Caraway, Turmeric, Asafoetida, Aniseed	1.5%

Nutrition Information	
Typical Value (approx.)	per 100g
Energy	2372KJ/567 kcal
Fat	36.9g
of which Saturates	17.5g
Carbohydrates	52.5g
of which Sugar	4.4g
Protein	6.2g
Sodium	748mg
Fibre	4.6g
Salt	1.9g

### Allergen Advice:

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