

Tikha Mitha Mix Product Details

Net Weight: 400g (14.11oz)

Nutrition Facts		
Serving Size: 28.35g (1oz)		7 servings per pack
Amount per serving		% DV*
Calories	140	
Total Fat	5g	8%
Saturated Fat	3g	13%
Trans Fat	0.0g	
Cholesterol	0.0mg	0%
Sodium	130mg	5%
Total Carbohydrate	18g	6%
Dietary Fibre	2g	8%
Total Sugars	3g	
Added Sugars	2g	4%
Protein	3g	
Vitamin D		0%
Calcium		2%
Iron		5%
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	
Edible Vegetable Oil (Palmolein) (23%), Chickpea Flour (18%), Green Peas (12%), Rice Flakes (11%), Roasted Peanut (9%) , Chickpea Splits (7%), Corn Flakes (6%), Sugar (7%), Rice Flour (0.08%), Iodized Salt (1%), Acidity Regulator (INS 330) (0.2%)	
Spices & Condiments (Chilli Powder [0.1%] , Sesame Seeds , Curry Leaves, Coriander Powder, Turmeric Powder, Fennel Powder, Dry Mango Powder, Black Pepper, Cumin Powder, Carom Seed, Ginger Powder, Clove Powder, Cinnamon, Cardamom, Nutmeg, Mace, Bay leaves)	5%

Nutrition Information	
Typical Value (approx.)	per 100g
Energy	1957 KJ/468 kcal
Fat	17.7g
of which Saturates	7g
Carbohydrates	65g
of which Sugar	12.3g
Fibre	6.6g
Protein	12.1g
Salt	1.2g

Allergen Advice:

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