

FF Aloo Mutton Tarkari

Nutrition Facts

1 Serving Per Container
Serving Size: 1 Cup (250g)

Amount Per Serving

Nutrient	Amount Per Serving	% Daily Value*
Calories	285	
Total Fat	12g	15%
Saturated Fat	4g	20%
Trans Fat	0g	
Cholesterol	65mg	22%
Sodium	520mg	23%
Total Carbohydrates	22g	8%
Dietary Fiber	3g	11%
Total Sugars	6g	
Added Sugars	0g	0%
Protein	22g	44%
Vitamin A		15%
Vitamin C		20%
Calcium	45mg	4%
Iron	3.2mg	18%

Ingredients: Salt, Mutton, Turmeric Powder, Red Chilli Powder, Tomatoes, Cinnamon, Whole Black Pepper, Cilantro, Jeera (Cumin), Coriander Seeds Whole, Ginger Fresh, Garlic, Avocado Oil, Tomato Paste, Yellow Onions, Black Cardamom, Cloves, Serrano Peppers, Water, Idaho Potatoes, Papaya Paste, Vinegar.

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.