

Bhinda Tarkari

Nutrition Facts

Serving Size 8oz (227g)

Calories	456	
Total Fat	43g	55%
Saturated Fat	6g	30%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	268mg	12%
Total Carbohydrate	16g	6%
Dietary Fiber	6g	21%
Total Sugars	5g	
Includes Added Sugars	0g	0%
Protein	4g	
Vitamin D	0mcg	0%
Calcium	60mg	5%
Iron	2mg	11%
Potassium	400mg	9%

* 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.

Ingredients: Okra, Onions, Tomatoes, Avocado Oil, Lemon Juice, Coriander Powder, Salt, Red Chili Powder, Turmeric, Curry Leaves