

Nutrition Facts

About 2 Servings Per Container

Serving Size

8 Oz (227g)

	Per Serving		Per Container	
Calories	280		560	
	% DV*		% DV*	
Total Fat	18g	23%	36g	46%
Saturated Fat	3.5g	17%	7g	34%
<i>Trans</i> Fat	0g		0g	
Cholesterol	<5mg	2%	10mg	3%
Sodium	870mg	38%	1720mg	75%
Total Carbohydrates	37g	13%	73g	27%
Dietary Fiber	16g	57%	32g	113%
Total Sugars	8g		16g	
Incl. Added Sugar	0g	0%	0g	0%
Protein	9g		18g	
Vitamin D	0mcg	0%	0.1mcg	0%
Calcium	140mg	10%	280mg	20%
Iron	5.2mg	30%	10.3mg	60%
Potassium	1250mg	25%	2480mg	50%

* 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: Water, Cayenne Pepper, Yogurt, Red Tomatoes, Avocado Oil, Onions, Chickpea Flour, Salt, tamarind concentrate, Coriander leaves, Mint, dried, Garlic, Ginger root, Red hot Chili Peppers, Jalapeno, Fenugreek seed, curry leaves, Chili powder, Cumin seed, Mustard Seed, Turmeric, Coriander leaf

Contains: Milk, Mustard