

Nutrition Facts

About 1 Serving Per Container

Serving Size 8oz (227g)

Amount Per Serving

Calories 520

% Daily Value *

Total Fat 21g **27%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 1000mg **43%**

Total Carbohydrates 68g **25%**

Dietary Fiber 7g **25%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

Protein 16g

Vitamin D 0mcg **0%**

Calcium 70mg **6%**

Iron 6.4mg **35%**

Potassium 520mg **10%**

* 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: Basmati Rice, Red Lentils, Tomatoes, Avocado Oil, Onions, Garlic, Salt, Ginger root, Dried Plums, Cumin seed, Chili powder, Black Pepper, Red hot Chili Peppers, Cinnamon, Cardamom, Bay leaf, Coriander leaf, black cardamom