

# Vegetable Pilau / Aloo Muttar Pilau

## Nutrition Facts

1 Serving Per Container  
Serving Size: 1 Cup (200g)

## Amount Per Serving

Nutrient	Amount Per Serving	% Daily Value*
Calories	294	
Total Fat	5.9g	8%
Saturated Fat	1.2g	6%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	471mg	20%
Total Carbohydrates	52.9g	19%
Dietary Fiber	4.7g	17%
Total Sugars	3.5g	
Added Sugars	0g	0%
Protein	7.1g	14%
Vitamin A		50%
Vitamin C	15mg	17%
Calcium	47mg	4%
Iron	2.4mg	13%

**Ingredients:** Basmati Rice, Idaho Potatoes, Garlic, Jeera (Cumin), Cinnamon, Whole Black Pepper, Bay Leaves, Star Anise, Salt, Turmeric Powder, Canola Cooking Oil, Frozen Green Peas, Ghee, Anaheim Pepper, Cashew Nuts.

\*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.