

Vaghareli Khichri

Nutrition Facts

About 1 Serving Per Container

Serving Size 8oz (227g)

Amount Per Serving  
Calories 370

% Daily Value \*

Total Fat 16g 20%

Saturated Fat 4g 21%

Trans Fat 0g

Cholesterol 10mg 4%

Sodium 660mg 29%

Total Carbohydrates 51g 19%

Dietary Fiber 2g 7%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 6g

Vitamin D 0mcg 0%

Calcium 50mg 4%

Iron 3.4mg 20%

Potassium 180mg 4%

\* 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, Onions, Mung Beans, Avocado Oil, Garlic, Ghee, Jalapeno, Cumin seed, Salt, Fried Onions

Contains: Milk