

Daal

Nutrition Facts

1 Serving Per Container
Serving Size 8oz (252mL)

Amount Per Serving
Calories 220

	% Daily Value *
Total Fat 10g	13%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol <5mg	1%
Sodium 650mg	28%
Total Carbohydrates 31g	11%
Dietary Fiber 4g	16%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.6mg	4%
Potassium 120mg	2%

* 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, Tomatoes, Toor Daal, Masoor Dal, Avocado Oil, Moong Dal Split, Garlic, Onions, Chana Dal, tamarind concentrate, Jalapeno, Unsalted Butter, Ginger root, curry leaves, Salt, Coriander leaves, Boriya Chilli, Cumin seed, Fried Onions, Turmeric

Contains: Milk