

FF Kadhi

Nutrition Facts

1 Serving Per Container
Serving Size: 1 Cup (240g)

Amount Per Serving

Nutrient	Amount Per Serving	% Daily Value*
Calories	170	
Total Fat	7g	9%
Saturated Fat	1g	5%
Trans Fat	0g	
Cholesterol	5mg	2%
Sodium	480mg	21%
Total Carbohydrates	20g	7%
Dietary Fiber	2g	7%
Total Sugars	7g	
Added Sugars	0g	0%
Protein	6g	12%
Vitamin A		10%
Vitamin C		15%
Calcium	120mg	12%
Iron	1.8mg	10%

Ingredients: Garlic, Ginger Fresh, Tomatoes, Curry Leaves, Whole Milk Yogurt, Cilantro, Yellow Onions, Round Chili Boria, Methi Seeds, Jeera (Cumin), Coriander Powder, Turmeric Powder, Besan (Gram Flour), Red Chilli Powder, Salt, Avocado Oil.

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.