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 0% Cholesterol Omg 0% Sodium 471mg 20% Total Carbohydrates 52.9g 19% Dietary Fiber 4.7g 17% Total Sugars 3.5g 4dded Sugars Og 0% 7.1g 14% Vitamin A 50% 7.1g 17% Calcium 47mg 4% Iron 2.4mg 13%			
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Trans Fat Og Cholesterol Omg 0% Sodium 471mg 20% Total Carbohydrates 52.9g 19% Dietary Fiber 4.7g 17% Total Sugars 3.5g 0% Added Sugars Og 0% Protein 7.1g 14% Vitamin A 50% Vitamin C 15mg 17% Calcium 47mg 4%	Total Fat	5.9g	8%
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Vitamin A 50% Vitamin C 15mg 17% Calcium 47mg 4%	Added Sugars	0g	0%
Vitamin C 15mg 17% Calcium 47mg 4%	Protein	7.1g	14%
Calcium 47mg 4%	Vitamin A		50%
3	Vitamin C	15mg	17%
Iron 2.4mg 13%	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.