

FF Masoor Pilau

Nutrition Facts

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

Amount Per Serving

Nutrient	Amount Per Serving	% Daily Value*
Calories	220	
Total Fat	6g	8%
Saturated Fat	1g	5%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	450mg	19%
Total Carbohydrates	38g	14%
Dietary Fiber	4g	14%
Total Sugars	4g	
Added Sugars	0g	0%
Protein	8g	16%
Vitamin A		8%
Vitamin C		10%
Calcium	50mg	5%
Iron	2mg	12%

Ingredients: Garlic, Salt, Ginger Fresh, Tomatoes, Yellow Onions, Basmati Rice, Aloo Bukhara (Plums), Jeera (Cumin), Coriander Powder, Masoor Matki (Lentils), 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.