

Daal Tarkari

Nutrition Facts

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

Amount Per Serving

Nutrient	Amount Per Serving	% Daily Value*
Calories	132	
Total Fat	2.9g	4%
Saturated Fat	0.5g	3%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	15mg	1%
Total Carbohydrates	19.2g	7%
Dietary Fiber	3.4g	12%
Total Sugars	2g	
Added Sugars	0g	0%
Protein	7.1g	14%
Vitamin A		44%
Vitamin C	17mg	19%
Calcium	56mg	4%
Iron	1.7mg	9%

Ingredients: Chana Dal, Toor Dal, Moong Dal Split, Unsalted Butter, Curry Leaves, Cilantro, Salt, Water, Jeera (Cumin), Masoor Dal, Round Chili Boria, Tomatoes, Tamarind Concentrate, Garlic, Jalapeno, Yellow Onions, Ginger Fresh, Turmeric Powder, Fried Onions, Kashmiri Chili, Avocado Oil, Butter.

*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.