

# NUTRITION INFORMATION

Safely

## Masala Oats

Serving Size: 100.0g | Servings per pack: 1.0

Amount per serving

Nutrient	Per Serve	Per 100g	%DV*
Energy	352.7kcal	352.7kcal	17.6%
Total Fat	4.61g	4.61g	6.9%
Protein	19.12g	19.12g	34.8%
Total Carbohydrate	61.0g	61.0g	20.3%
Saturated Fat	0.46g	0.46g	2.1%
Trans Fat	0.0g	0.0g	-
Cholesterol	0.0mg	0.0mg	0.0%
Total Sugars	4.07g	4.07g	8.1%
Added Sugars	0.0g	0.0g	0.0%
Dietary Fibre	11.53g	11.53g	46.1%
Sodium	39.59mg	39.59mg	1.7%
Calcium	54.76mg	54.76mg	5.5%
Iron	5.17mg	5.17mg	30.4%
Potassium	758.13mg	758.13mg	21.7%
Vitamin C	0.1mg	0.1mg	0.2%

\*%DV = % Daily Value based on a 2000 kcal diet. Your daily values may vary based on your calorie needs.

INGREDIENTS:

Chana Dal (Bengal Gram Dal) (224234.0g), Wheat Flour (Atta) (44342.0g), Onion (3443.0g), Salt (55.0g), Potato (52.0g), Baking Powder (23.0g)

Total Fat	4.61g/100g	LOW
Saturated Fat	0.46g/100g	LOW
Total Sugars	4.07g/100g	LOW
Sodium	39.59mg/100g	LOW

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