

# NUTRITION INFORMATION / पोषण संबंधी

## जानकारी

pizza

**Serving Size / सर्वगि साइज़: 100.0g | Servings per pack / प्रति पैक सर्वगि: 1.0**

**Amount per serving / प्रति सर्वगि मात्रा**

Nutrient / पोषक तत्व	Per Serve / प्रति सर्वगि	Per 100g	% DV*
<b>Energy / ऊर्जा</b>	118.46kcal	118.46kcal	5.9%
<b>Total Fat / कुल वसा</b>	5.7g	5.7g	8.5%
<b>Protein / प्रोटीन</b>	2.24g	2.24g	4.1%
<b>Total Carbohydrate / कुल कार्बोहाइड्रेट</b>	14.96g	14.96g	5.0%
Saturated Fat / संतुप्त वसा	0.6g	0.6g	2.7%
Trans Fat / ट्रांस वसा	0.0g	0.0g	-
Monounsaturated Fat / मोनोअनसैचुरेटेड वसा	3.19g	3.19g	-
Polyunsaturated Fat / पॉलीअनसैचुरेटेड वसा	0.46g	0.46g	-
Cholesterol / कोलेस्ट्रॉल	0.0mg	0.0mg	0.0%
Total Sugars / कुल शर्करा	5.53g	5.53g	11.1%
Added Sugars / मिलाई गई शर्करा	0.0g	0.0g	0.0%
Dietary Fibre / आहार रेशा	2.11g	2.11g	8.4%
<b>Sodium / सोडियम</b>	429.54mg	429.54mg	18.7%
<b>Calcium / कैलशियम</b>	16.52mg	16.52mg	1.7%
<b>Iron / लोहा</b>	0.76mg	0.76mg	4.5%
<b>Potassium / पोटैशियम</b>	8.87mg	8.87mg	0.3%
<b>Vitamin C / विटामिन सी</b>	2.08mg	2.08mg	5.2%
<b>Folate</b>	9.71µg	9.71µg	2.4%

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

### INGREDIENTS / सामग्री:

Cereal pulse mix with amylase rice flour (100.0g), Cumin infused water (Jeere/Zeere ka pani) (60.0g), Tomato sauce (50.0g), Olive Oil (10.0g), Garlic (5.0g), Salt (2.0g), Carrot and fenugreek leaves (Gajar methi) (2.0g)

<b>Total Fat</b>	5.7g/100g	<b>LOW</b>
<b>Saturated Fat</b>	0.6g/100g	<b>LOW</b>
<b>Total Sugars</b>	5.53g/100g	<b>LOW</b>
<b>Sodium</b>	429.54mg/100g	<b>MEDIUM</b>

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