

NUTRITION INFORMATION / पोषण संबंधी जानकारी

Kissan

Bihari Whey Protein Mix

Serving Size / सर्वगि साइज़: 75.0g | Servings per pack / प्रतपैक सर्वगि: 2.0

Amount per serving / प्रतसर्वगि मात्रा

Nutrient / पोषक तत्व	Per Serve / प्रतसर्वगि	Per 100g	%DV*
Energy / ऊर्जा	195.05kcal	260.07kcal	9.8%
Total Fat / कुल वसा	12.94g	17.25g	19.3%
Protein / प्रोटीन	2.68g	3.58g	4.9%
Total Carbohydrate / कुल कार्बोहाइड्रेट	17.35g	23.13g	5.8%
Total Sugars / कुल शर्करा	8.79g	11.72g	17.6%
Dietary Fibre / आहार रेशा	1.19g	1.58g	4.7%
Sodium / सोडियम	265.69mg	354.25mg	11.6%
Calcium / कैल्शियम	28.49mg	37.98mg	2.8%
Iron / लोहा	0.7mg	0.94mg	4.1%
Vitamin C / विटामिन सी	10.76mg	14.35mg	26.9%
Folate	69.04µg	92.06µg	17.3%

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

INGREDIENTS / सामग्री:

Thousand island dressing (42.2g), Hot potato souffle (33.5g), Green chickpeas pulao (Choliya pulao/Hare chane ka pulao) (29.9g), Christmas star biscuit (27.9g), Sarson ka saag (16.4g)

ALLERGEN INFO / एलर्जी की जानकारी: Contains: Eggs, Milk

Total Fat	17.25g/100g	MEDIUM
Saturated Fat	0g/100g	LOW
Total Sugars	11.72g/100g	MEDIUM
Sodium	354.25mg/100g	MEDIUM

Mfg: Organic India Pvt. Ltd., Lucknow | FSSAI Lic: 55919139649513

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