

# NUTRITION INFORMATION / पोषण संबंधी जानकारी

pizza

Serving Size / सर्वगि साइज़: 100.0g | Servings per pack / प्रतपैक सर्वगि: 1.0

Amount per serving / प्रतसर्वगि मात्रा

Nutrient / पोषक तत्व	Per Serve / प्रतसर्वगि	Per 100g	%DV*
Energy / ऊर्जा	118.46kcal	118.46kcal	5.9%
Total Fat / कुल वसा	5.7g	5.7g	8.5%
Protein / प्रोटीन	2.24g	2.24g	4.1%
Total Carbohydrate / कुल कार्बोहाइड्रेट	14.96g	14.96g	5.0%
Saturated Fat / संतृप्त 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%
Sodium / सोडियम	429.54mg	429.54mg	18.7%
Calcium / कैल्शियम	16.52mg	16.52mg	1.7%
Iron / लोहा	0.76mg	0.76mg	4.5%
Potassium / पोटैशियम	8.87mg	8.87mg	0.3%
Vitamin C / वटामनि सी	2.08mg	2.08mg	5.2%
Folate	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/Zeeere 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)

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

