

NUTRITION INFORMATION / ■■■■■



Safola

Tea

Amount per serving /

Nutrient /	Per Serve /		
Energy /	16.14kcal	16.14kcal	0.8%
Total Fat /	0.53g	0.53g	0.8%
Protein /	0.39g	0.39g	0.7%
Total Carbohydrate /			
	2.58g	2.58g	0.9%
Total Sugars /	2.58g	2.58g	5.2%
Dietary Fibre /	0.0g	0.0g	0.0%
Sodium /	3.12mg	3.12mg	0.1%
Calcium /	14.2mg	14.2mg	1.4%
Iron /	0.02mg	0.02mg	0.1%
Vitamin C /			
	0.5mg	0.5mg	1.2%
Folate	1.8µg	1.8µg	0.5%

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

Hot tea (Garam Chai) (100.0g)

Total Fat	0.53g/100g	LOW
Saturated Fat	0g/100g	LOW
Total Sugars	2.58g/100g	LOW
Sodium	3.12mg/100g	LOW

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