

# NUTRITION INFORMATION

Safely

## Masala Oats

**Serving Size:** 100.0g | **Servings per pack:** 1.0

### Amount per serving

Nutrient	Per Serve	Per 100g	%DV*
<b>Energy</b>	352.7kcal	352.7kcal	17.6%
<b>Total Fat</b>	4.61g	4.61g	6.9%
<b>Protein</b>	19.12g	19.12g	34.8%
<b>Total Carbohydrate</b>	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%
<b>Total Sugars</b>	4.07g	4.07g	8.1%
Added Sugars	0.0g	0.0g	0.0%
Dietary Fibre	11.53g	11.53g	46.1%
<b>Sodium</b>	39.59mg	39.59mg	1.7%
<b>Calcium</b>	54.76mg	54.76mg	5.5%
<b>Iron</b>	5.17mg	5.17mg	30.4%
<b>Potassium</b>	758.13mg	758.13mg	21.7%
<b>Vitamin C</b>	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)

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

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