



PRA SWEETS

Spreading Sweetness





KHAJUR DRYFRUIT BARFI: -

Ingredients: Almonds, Cashew nuts, Pistachio, Dates, Honey, Ghee

Storage Instructions: Once you receive the Dryfruit barfi box please keep in a cool and dry place. Ideal temperature is at room temperature 25 to 28 degree Celsius. Avoid exposure to moisture and direct sunlight. Do not Refrigerate.

Shelf life: 45 Days

Nutrition Facts	
Servings Size	100gm
Amount Per Serving	
Calories	474
% Daily Value*	
Total Fat 20g	26%
Saturated Fat 2g	12%
Trans Fat 0g	-
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 62g	22%
Dietary Fiber 10g	34%
Total Sugars 38g	-
Includes 0g added sugars	0%
Protein 12g	24%
Vitamin A 0mcg	0%
Vitamin C 0mg	0%
Vitamin D 0mcg	0%
Vitamin E 22mg	147%
Calcium 43mg	3%
Iron 4mg	19%
Potassium 147mg	3%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



ANJEER DRYFRUIT BARFI: -

Ingredients: Almonds, Cashew nuts, Pistachio, Fig, Honey, Ghee

Storage Instructions: Once you receive the Dryfruit barfi box please keep in a cool and dry place. Ideal temperature is at room temperature 25 to 28 degree Celsius. Avoid exposure to moisture and direct sunlight. Do not Refrigerate.

Shelf life: 45 Days

Nutrition Facts	
Servings Size	100gm
Amount Per Serving	
Calories	478
% Daily Value*	
Total Fat 20g	26%
Saturated Fat 2g	11%
Trans Fat 0g	-
Cholesterol 0mg	0%
Sodium 14mg	1%
Total Carbohydrate 63g	23%
Dietary Fiber 7g	26%
Total Sugars 31g	-
Includes 0g added sugars	0%
Protein 11g	23%
Vitamin A 37mcg	4%
Vitamin C 0mg	0%
Vitamin D 0mcg	0%
Vitamin E 12mg	77%
Calcium 131mg	10%
Iron 5mg	27%
Potassium 576mg	12%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



ROSE DRYFRUIT BARFI: -

Ingredients: Almonds, Cashew nuts, Pistachio, Dates, Honey, Ghee, Rose petals

Storage Instructions: Once you receive the Dryfruit barfi box please keep in a cool and dry place. Ideal temperature is at room temperature 25 to 28 degree Celsius. Avoid exposure to moisture and direct sunlight. Do not Refrigerate.

Shelf life: 45 Days

Nutrition Facts	
Servings Size	100gm
Amount Per Serving	
Calories	474
% Daily Value*	
Total Fat 20g	26%
Saturated Fat 2g	12%
Trans Fat 0g	-
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 62g	22%
Dietary Fiber 10g	34%
Total Sugars 38g	-
Includes 0g added sugars	0%
Protein 12g	24%
Vitamin A 0mcg	0%
Vitamin C 0mg	0%
Vitamin D 0mcg	0%
Vitamin E 22mg	147%
Calcium 43mg	3%
Iron 4mg	19%
Potassium 147mg	3%
*The % Daily Value (DV) tells you how much a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



NUTRITIONAL BAR: -

Ingredients: Chia Seed, Pumpkin Seed, Hazelnuts, Magajtari, Almonds, Cashew, Pistachio, Kishmish, Cranberry, Quinoa Seeds, Honey, Ghee

Storage Instructions: Once you receive the Nutritional bar box please keep in a cool and dry place. Ideal temperature is at room temperature 25 to 28 degree Celsius. Avoid exposure to moisture and direct sunlight. Do not Refrigerate.

Shelf life: 45 Days

Nutrition Facts	
Servings Size	100gm
Amount Per Serving	
Calories	531
% Daily Value*	
Total Fat 30g	38%
Saturated Fat 2g	10%
Trans Fat 0g	-
Cholesterol 0mg	0%
Sodium 83mg	4%
Total Carbohydrate 53g	19%
Dietary Fiber 8g	29%
Total Sugars 24g	-
Includes 0g added sugars	0%
Protein 13g	26%
Vitamin A 37mcg	4%
Vitamin C 2mg	2%
Vitamin D 0mcg	0%
Vitamin E 15mg	100%
Calcium 625mg	48%
Iron 27mg	150%
Potassium 500mg	11%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	