

## Ingredient Scan Report

### Ingredients:

rice meal, edible vegetable oil palmolein oil, corn meal, "spices and ondiments onion powder, red chilli powder, amchur powder, coriander seed powder, garlic flakes & powder, ginger powder, black pepper powder, turmeric powder, spice extract, fenugreek, gram meal, salt, sugar, tomato powder, citric acid", dextrose, milk solids, edible siarch:

Recommendation: Consume in Moderation

Health Score: 2/10

### Health Summary:

rice meal - Good

edible vegetable oil palmolein oil - Moderate

corn meal - Moderate

"spices and ondiments onion powder - Good

red chilli powder - Good

amchur powder - Good

coriander seed powder - Good

garlic flakes & powder - Good

ginger powder - Good

black pepper powder - Good

turmeric powder - Good

spice extract - Good

fenugreek - Good

gram meal - Good

salt - Good

sugar - Moderate

tomato powder - Good

citric acid" - Moderate

dextrose - Bad

milk solids - Moderate

edible siarch: - Good