



Product Details

VEGAN

Product Name: Delhi Saag

Greens with fresh ginger, hot peppers and lemon juice. No spices are added.

Description: Jyoti is from Delhi. Her Delhi Saag is a greens dish served as vegetable side dish, as a cooking sauce, soup base or on pasta. The natural taste of spinach is enhanced with ginger and hot peppers.

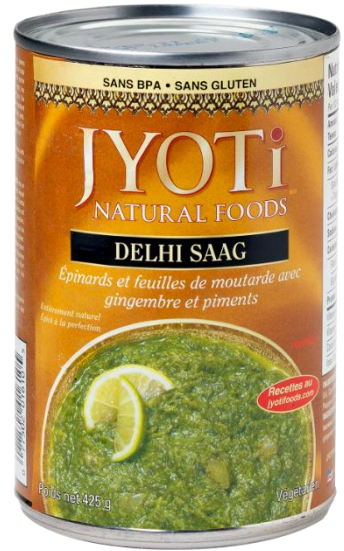
Recipes: Various recipes using Delhi Saag, such as a soup base and Tofu-Saag are on the web site.

Ingredients: Spinach, mustard greens, water, fresh onions, non-GMO (soybean oil, corn meal), fresh ginger and hot peppers, lemon juice and salt.

Sodium Note: Delhi Saag is normally served with unsalted rice and breads which share it's salt content.

Package: Steel cans, 15 oz net weight (425 g)

Shelf Life (from date of production): **3 years**



| Nutrition Facts | |
|--------------------------------|----------------------|
| Serving Size 4 oz (114g) | |
| Servings Per Container about 4 | |
| Amount Per Serving | |
| Calories 60 | Calories from Fat 30 |
| % Daily Value* | |
| Total Fat 3g | 5% |
| Saturated Fat 0g | 2% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 510mg | 21% |
| Total Carbohydrate 6g | 2% |
| Dietary Fiber 2g | 8% |
| Sugars 1g | |
| Protein 2g | 4% |
| Vitamin A 80% • Vitamin C 0% | |
| Calcium 8% • Iron 6% | |
| Folate 25% | |



Jyoti Natural Foods, www.jyotifoods.com

PRODUCT OF USA

CA prop 65 requires spinach containing foods to warn California customers about the presence of cadmium in Spinach. Cadmium is known to be a carcinogen and cause birth defects.

Unfortunately, there is no provision to advise anyone that Spinach is great for human body, even infants, as other elements present in Spinach prevent the body from absorbing cadmium, which naturally occurs in Spinach, Potatoes, lettuce etc. and is not artificially added.