



Product Details

Product Name: Jaipur Karhi

Description: Potato dumplings in Spicy Buttermilk. Add some water, heat and serve as a soup, or serve on top of rice or pasta as a sauce with potato dumplings instead of meat balls. Rice and Karhi are a popular Sunday lunch in northern India.

Recipes: Various recipes using Jaipur Karhi like Pasta with Karhi, as a soup are on the web site.

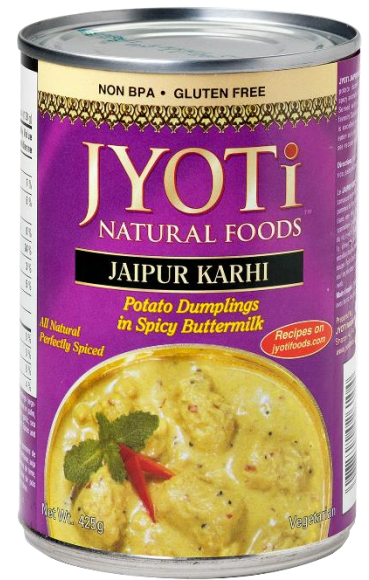
Ingredients: Buttermilk, Potato Dumplings [potatoes, vegetable oil (canola, sunflower, safflower, soybean or palm), corn flour, potato flakes, dehydrated onion, garlic and sea salt] water, chickpea flour, soybean oil, salt, spices, lemon juice concentrate.

Allergens: Milk

Sodium Note: Jaipur Karhi is normally served with unsalted rice and breads which share its 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 70	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	1%
Sodium 520mg	22%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 3g	5%
Vitamin A 0%	• Vitamin C 0%
Calcium 6%	• Iron 4%
Folate 4%	

JYOTI Natural Foods

PRODUCT OF USA

