



## Product Details

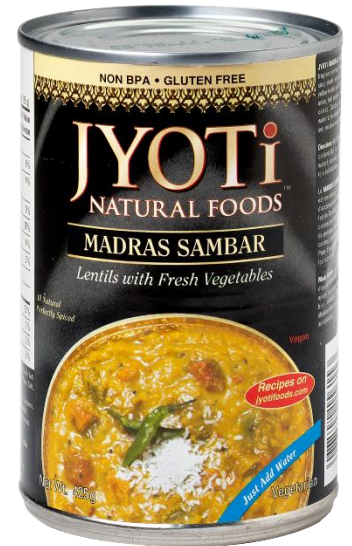
**VEGAN**

### Madras Sambar

**Description:** Jyoti Madras Sambar is a fragrant side dish or a soup made with Toor Dal, an Indian lentil and freshly chopped vegetables. Requires half can of water to be added. Serve as a soup or with rice, Idli (steamed rice cakes), Dosa (lentil crepes), pasta or breads.

**Recipes:** Various recipes using Madras Sambar are printed on the back of the label and are on the web site.

**Ingredients:** Water, Toor Dal, Vegetables (Fresh onion, Fresh bell pepper, Fresh Eggplant, Carrot and Okra), non-GMO Soybean oil, tomato, salt, tamarind, coconut and spices.



**Sodium Note:** Madras Sambar is normally served with unsalted rice and breads which share it's salt content



**Package:** Steel cans, 15 oz (284 g)  
**Shelf Life** (from date of production): **3 years**

**Jyoti Natural Foods**

**PRODUCT OF USA**

### Nutrition Facts

Serving Size 2.5 oz (71g),  
4 oz prepared  
Servings Per Container about 6

**Amount Per Serving**

**Calories** 80    Calories from Fat 30

**% Daily Value\***

**Total Fat** 3g    **5%**

Saturated Fat 0.5g    **3%**

Trans Fat 0g

**Cholesterol** 0mg    **0%**

**Sodium** 390mg    **16%**

**Total Carbohydrate** 11g    **4%**

Dietary Fiber 1g    **3%**

Sugars 1g

**Protein** 4g    **7%**

Vitamin A 20% • Vitamin C 0%

Calcium 2% • Iron 4%