



Product Details

VEGAN

Product Name: Masala Chhole

Description: Chickpeas in a Masala Sauce with spinach, tomato, onion and spices. Heat and Serve as a side dish or entrée with rice and breads. Add 2-4 Tbsp water for thinner gravy.

Recipes: Recipes using Masala Chhole, like Rice & Beans, Keema Chhole are printed on the back of the pouch and more are on our web site under recipes.

Ingredients: Filtered water, chickpeas, tomato, freshly dices onion, spinach, sunflower oil, fresh ginger, fresh garlic, sea salt and spices.

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

Package: BPA Free Microwaveable Pouch

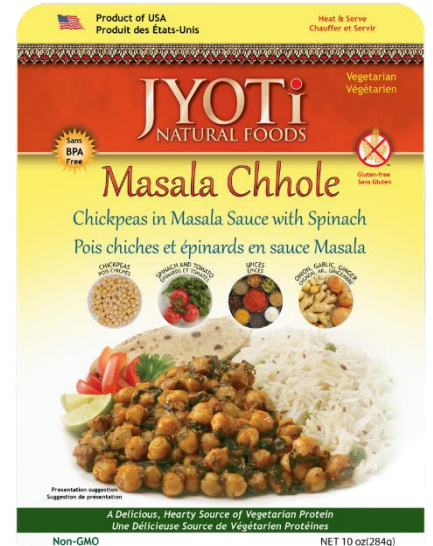
10 oz net weight (285 g)

Shelf Life (from date of production): 2 years



Jyoti Natural Foods
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PRODUCT OF USA



Nutrition Facts

2 servings per container	
Serving size	1/2 cup (130g)
Amount per serving	
Calories	200
	% Daily Value *
Total Fat 10g	13%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 310mg	13%
Total Carbohydrate 23g	8%
Dietary Fiber 5g	17%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 2.2mg	10%
Potassium 380mg	8%
* 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.	
Calories per gram:	
Fat 9	Carbohydrate 4 • Protein 4