



Product Data Sheet

September 2013

Product Name: Dal Makhani

Label description: Lentils and beans in a low fat, high protein dish that serves as an entrée, side dish, soup or as wrap filling. Add 1/2 can of water, mix, heat and serve. Use as a wrap filling without adding water.

Recipes: Various recipes like Bean soup and Bean Khichari using Dal Makhani are printed on the back of the label and are on the web site.

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

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

Ingredients: Water, black lentils and dark red beans, fresh onions, butter, ginger, lemon juice, garlic, salt and spices.

Allergens: Butter (milk)

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



Jyoti Natural Foods
300 Elmwood Avenue
Sharon Hill, PA 19312



Nutrition Facts

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

| Amount Per Serving | | |
|-------------------------------|----------------------|----------------------|
| Calories 90 | Calories from Fat 20 | |
| | | %Daily Value* |
| Total Fat 2g | | 3% |
| Saturated Fat 1g | | 6% |
| Trans Fat 0g | | |
| Cholesterol 5mg | | 1% |
| Sodium 300mg | | 12% |
| Total Carbohydrate 14g | | 5% |
| Dietary Fiber 2g | | 8% |
| Sugars 2g | | |
| Protein 5g | | 11% |
| Vitamin A 2% | • | Vitamin C 0% |
| Calcium 2% | • | Iron 8% |

*Percent Daily Values are based on a 2,000 calorie diet.

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