

(Food Network: Madras Sambar being made at Jyoti Foods, 5 min)

<https://www.youtube.com/user/JyotiFoods>



## Product Data Sheet

September 2013

**Product Name:** Madras Sambar, VEGAN FOOD

**Description:** Jyoti Madras Sambar is a fragrant side dish or a soup made with Toor Dal, an Indian lentil and freshly chopped onion, bell pepper, eggplant and carrots. 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.

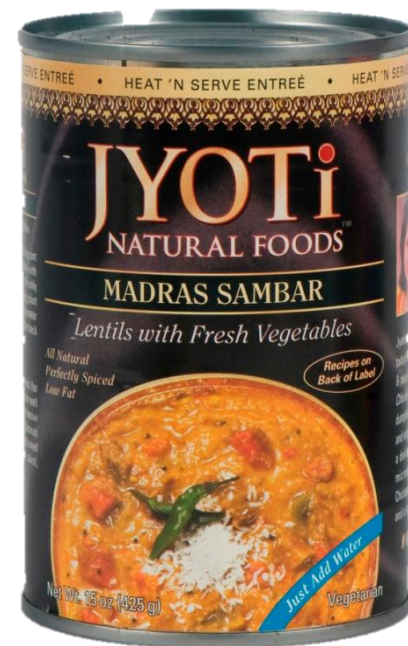
**Recipes:** Various recipes using Madras Sambar are printed on the back of the label and are on the web site

**Ingredients:** Water, Toor Dal, Vegetables (onion, bell pepper, 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 net weight (284 g)

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



**Jyoti Natural Foods**  
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**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%