



Product Data Sheet

August 2013

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 printed on the back of the back of the label and are on the web site

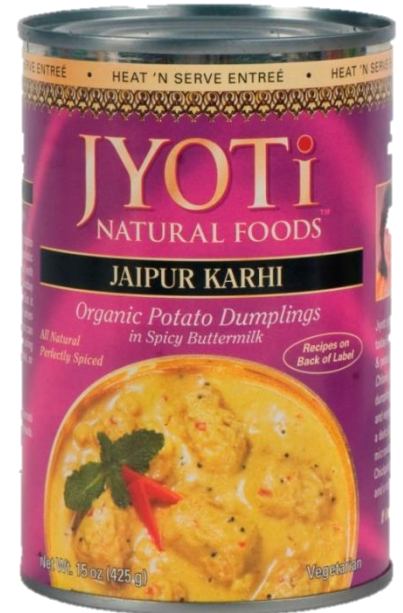
Ingredients: Buttermilk, Potato Dumplings [potatoes, vegetable oil (canola, sunflower, safflower, soybean or palm), corn flour, potato flakes, dehydrated onion, garlic and sea salt], water, chickpea flour, soybean oil, salt, spices, lemon juice.

Allergens: Milk

Sodium Note: Jaipur Karhi is normally served with unsalted rice and breads which share it's 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%
<i>Trans Fat</i> 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%	



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