



Nutrition	Facts
50 servings per containe Serving size	^{er} 1 tbsp (4g)
Amount per serving Calories	20
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 20g	2%
Dietary Fiber 1g	3%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein less than 1g	
Vitamin D 0mcg	0%
Calcium 40mg	3%
Iron 1mg	4%
Potassium 16mg	0%
* The % Daily Value (DV) tells you ha serving of food contributes to a da a day is used for general nutrition as	ily diet. 2,000 calories



ITEM#91-500 10x200gm



Nutrition	Facts
40 servings per containe Serving size	^{er} 1 tbsp (5g)
Amount per serving Calories	20
	% Daily Value*
Total Fat 0.5g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein less than 1g	
Vitamin D 0mcg	0%
Calcium 21mg	1%
Iron 0mg	2%
Potassium 66mg	1%
* The % Daily Value (DV) tells you h a serving of food contributes to a da a day is used for general nutrition as	ily diet. 2,000 calories



ITEM#91-501 10x200gm



Nutrition	Facts
10 servings per container Serving size	4 pcs(5g)
Amount per serving Calories	20
	% Daily Value*
Total Fat 0.5g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 40mg	3%
Iron 2mg	10%
Potassium 52mg	1%
* The % Daily Value (DV) tells you how a serving of food contributes to a daily a day is used for general nutrition advi	diet. 2,000 calories



ITEM#91-502 10x50gm



Nutrition Fa	<u>icts</u>
20 servings per container Serving size 1 t	bsp(5g)
Amount per serving Calories	20
	aily Value*
Total Fat 1g	1%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein less than 1g	
	0%
Vitamin D 0mcg	
Calcium 40mg	3%
Iron 1mg	4%
Potassium 51mg	1%
* The % Daily Value (DV) tells you how muc a serving of food contributes to a daily diet. a day is used for general nutrition advice.	



ITEM#91-503 10x100gm





0%

ITEM#91-504 20x200gm



Nutrition	Facts
40 servings per contain	
Serving size	1 tbsp (5g)
Amount per serving	
Calories	20
	% Daily Value
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 2g	9%
Total Sugars 0g	
Includes 0g Added Suga	ers 0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 57mg	6%
Iron 1mg	6%
Potassium 21mg	1%



ITEM#91-505 10x200gm



Nutrition 20 servings per containe	r
Serving size	1 tbsp (10g
Amount per serving Calories	35
	% Daily Value
Total Fat 0.5g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 3g	10
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	09
Calcium 18mg	19



ITEM#91-506 10x200gm



Nutrition	
454 servings per conta Serving size	ainer 1 tbsp(5g
Amount per serving Calories	15
	% Daily Value
Total Fat 0.5g	09
Saturated Fat 0g	09
Trans Fat 0g	
Cholesterol 0mg	09
Sodium 50mg	29
Total Carbohydrate 3g	19
Dietary Fiber 1g	39
Total Sugars 0g	
Includes 0g Added Sug	gars 0°
Protein 0g	
Vitamin D 0mcg	0'
Calcium 23mg	2'
Iron 0mg	0'
	0'



ITEM#91-507 10x200gm



Nutrition F	acts
7 servings per container Serving size	7
Amount per serving Calories	20
	Daily Value
Total Fat 2.5g	39
Saturated Fat 2g	9'
Trans Fat 0g	
Cholesterol 0mg	0
Sodium 0mg	0
Total Carbohydrate 4g	11
Dietary Fiber 2g	79
Total Sugars 2g	
Includes 0g Added Sugars	0,
Protein 1g	
Vitamin D 0mcg	0
Calcium 10mg	0
Iron 5mg	1
	0



ITEM#91-508 10x50gm



40 servings per containe Serving size	1 tbsp (5g
Amount per serving Calories	20
	% Daily Value
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 2g	19
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	09
Calcium 20mg	19
Iron 1mg	49
Potassium 16mg	09
* The % Daily Value (DV) tells you has serving of food contributes to a data day is used for general nutrition as	ily diet. 2,000 calorie



ITEM#91-509 10x200gm



Serving size	1 tbsp(5g
Amount per serving Calories	20
	% Daily Value
Total Fat 1g	19
Saturated Fat 0g	09
Trans Fat 0g	
Cholesterol 0mg	09
Sodium 0mg	09
Total Carbohydrate 3g	19
Dietary Fiber 2g	79
Total Sugars 0g	
Includes 0g Added Sug	ars 0º
Protein 1g	
Vitamin D 0mcg	04
Calcium 30mg	29
Iron 1mg	49
Potassium 63mg	19



ITEM#91-510 10x200gm



Serving size 1 t	bsp (10g)
Amount per serving Calories	40
%	Daily Value
Total Fat 2g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	3%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 100mg	7%
Iron 4mg	20%
Potassium 178mg	4%



ITEM#91-511 10x200gm



Nutrition 20 servings per contain Serving size	
Amount per serving Calories	40
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 20mg	1%
Iron 4mg	20%
Potassium 252mg	5%
* The % Daily Value (DV) tells you is a serving of food contributes to a did a day is used for general nutrition a	aily diet. 2,000 calories



ITEM#91-512 10x200gm



Nutrition	
40 servings per containe Serving size	1 tbsp (5g)
Amount per serving Calories	20
	% Daily Value*
Total Fat 0.5g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein less than 1g	
Vitamin D 0mcg	0%
Calcium 21mg	1%
Iron 0mg	2%
Potassium 66mg	1%
* The % Daily Value (DV) tells you he a serving of food contributes to a dai a day is used for general nutrition ad	lly diet. 2,000 calories



ITEM#91-513 10x200gm



Dwaraka

ORGANIC

CINNAMON POWDER

7 oz (200g)



ITEM#91-514 10x200gm



Nutrition Fa 20 servings per container Serving size 1 th	acts
Amount per serving Calories	40
% [Daily Value
Total Fat 2g	29
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	0%
Total Carbohydrate 4g	19
Dietary Fiber 1g	3%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	09
Calcium 100mg	79
Iron 4mg	209
Potassium 178mg	49



ITEM#91-515 10x200gm



Nutrition Formation For 18 servings per container Serving size 1 to 1 t	acts
Amount per serving Calories	50
	Daily Valu
Total Fat 3g	5
Saturated Fat 0g	0
Trans Fat 0g	
Cholesterol 0mg	0
Sodium 5mg	0
Total Carbohydrate 4g	1
Dietary Fiber 2g	7
Total Sugars 1g	
Includes 0g Added Sugars	0
Protein 2g	
Vitamin D 0mcg	C
Calcium 60mg	6
Iron 1mg	6
Potassium 81mg	2



ITEM#91-516 10x200gm



Nutrition F 40 servings per container Serving size 1	tbsp (5g
Amount per serving Calories	20
9	6 Daily Value
Total Fat 1g	19
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 2g	19
Dietary Fiber 2g	79
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	09
Calcium 20mg	19
Iron 1mg	49
Potassium 16mg	09
* The % Daily Value (DV) tells you how is a serving of food contributes to a daily d	much a nutrient i



ITEM#91-517 20x100gm



Nutrition 18 servings per contained	r
Serving size	l tbsp (11g
Amount per serving Calories	50
	% Daily Valu
Total Fat 3g	4'
Saturated Fat 0g	0
Trans Fat 0g	
Cholesterol 0mg	0
Sodium 5mg	0
Total Carbohydrate 4g	1
Dietary Fiber 2g	7'
Total Sugars 1g	
Includes 0g Added Sugars	0
Protein 2g	
Vitamin D 0mcg	0
Calcium 60mg	4
Iron 1mg	6
Potassium 81mg	2



ITEM#91-518 10x200gm



20 servings per container Serving size 1	tbsp (10
Amount per serving Calories	4
	% Daily Val
Total Fat 1g	
Saturated Fat 0g	
Trans Fat 0g	
Cholesterol 0mg	
Sodium 0mg	
Total Carbohydrate 6g	
Dietary Fiber 2g	
Total Sugars 0g	
Includes 0g Added Sugars	
Protein 1g	
Vitamin D 0mcg	
Calcium 20mg	
Iron 4mg	2
Potassium 252mg	
* The % Daily Value (DV) tells you how a serving of food contributes to a daily a day is used for general nutrition advice	diet. 2,000 cal-



ITEM#91-519 10x200gm



Nutrition	Facts
40 servings per container Serving size	1 tbsp(5g)
Amount per serving Calories	20
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	3%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein less than 1g	
Vitamin D 0mcg	0%
Calcium 20mg	1%
Iron 0mg	2%
Potassium 55mg	1%
* The % Daily Value (DV) tells you ho a serving of food contributes to a daily a day is used for general nutrition adv	diet. 2,000 calories



ITEM#91-520 10x200gm



Nutrition	Facts
20 servings per contain Serving size	^{er} 1 tbsp (10g)
Amount per serving Calories	60
	% Daily Value*
Total Fat 5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	3%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 100mg	7%
Iron 1mg	8%
Potassium 47mg	1%
* The % Daily Value (DV) tells you is a serving of food contributes to a da a day is used for general nutrition a	ally diet. 2,000 calories



ITEM#91-521 10x200gm



Nutrition	Facts
20 servings per contain Serving size	er 1 tbsp (10g)
Amount per serving Calories	60
	% Daily Value*
Total Fat 5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	3%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 100mg	7%
Iron 1mg	8%
Potassium 47mg	1%
* The % Daily Value (DV) tells you a serving of food contributes to a day is used for general nutrition a	ally diet. 2,000 calories



ITEM#91-522 10x200gm



10 servings per containe Serving size	1 tbsp(5g
Amount per serving Calories	10
	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugar	s 0%
Protein less than 1g	
Vitamin D 0mcg	09
Calcium 39mg	39
Iron 0mg	09
Potassium 0mg	19
* The % Daily Value (DV) tells you ho a serving of food contributes to a dail a day is used for general nutrition adv	y diet. 2,000 calorie



ITEM#91-523 10x50gm



Dwaraka

ORGANIC



ITEM#91-524 10x200gm



Nutrition F 5 servings per container Serving size 1 t	acts
Amount per serving Calories	35
	Daily Value
Total Fat 0.5g	19
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 7g	2%
Dietary Fiber 3g	12%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	09
Calcium 40mg	49
Iron 2mg	109
Potassium 111mg	39



ITEM#91-525 10x50gm



Nutrition F 20 servings per container Serving size 1	acts
Amount per serving Calories	10
%	Daily Value
Total Fat 0g	0'
Saturated Fat 0g	0'
Trans Fat 0g	
Cholesterol 0mg	0'
Sodium 0mg	0'
Total Carbohydrate 4g	1
Dietary Fiber 3g	10
Total Sugars 0g	
Includes 0g Added Sugars	0
Protein less than1g	
Vitamin D 0mcg	0
Calcium 60mg	4
Iron 0mg	0
Potassium 21mg	0



ITEM#91-526 10x100gm



Nutrition F 40 servings per container Serving size 1	tbsp (5g
Amount per serving Calories	15
	% Daily Value
Total Fat 0.5g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 60mg	2%
Total Carbohydrate 3g	19
Dietary Fiber 1g	3%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	09
Calcium 19mg	19
Iron 0mg	09
Potassium 5mg	09
* The % Daily Value (DV) tells you how a serving of food contributes to a daily d	much a nutrient i



ITEM#91-527 10x200gm



Nutrition 40 servings per containe Serving size	
Amount per serving	ı mah (ə
Calories	15
	% Daily Valu
Total Fat 0.5g	0'
Saturated Fat 0g	0
Trans Fat 0g	
Cholesterol 0mg	0
Sodium 60mg	2
Total Carbohydrate 3g	1
Dietary Fiber 1g	3'
Total Sugars 0g	
Includes 0g Added Sugars	0
Protein 0g	
Vitamin D 0mcg	0
Calcium 19mg	1
Iron 0mg	0
Potassium 5mg	0



ITEM#91-528 10x200gm



Nutrition	
10 servings per containe Serving size	er 1 tbsp(10g)
Amount per serving Calories	30
	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 7g	2%
Dietary Fiber 3g	11%
Total Sugars 0g	
Includes 0g Added Suga	rs 0%
Protein less than 1g	
Vitamin D 0mcg	0%
Calcium 18mg	19
Iron 1mg	8%
Potassium 6mg	0%
* The % Daily Value (DV) tells you has serving of food contributes to a day a day is used for general nutrition a	ily diet. 2,000 calorie:



ITEM#91-529 10x100gm



Serving size	1 tbsp (5g)
Amount per serving Calories	15
	% Daily Value*
Total Fat 0.5g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 60mg	2%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	3%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mog	0%
Calcium 19mg	1%
Iron Omg	0%
Potassium 5mg	0%



ITEM#91-403 8x200gm



Nutrition F	acts
Serving size 1	tbsp (5g)
Amount per serving Calories	15
2	Daily Value*
Total Fat 0.5g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 60mg	2%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	3%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 19mg	1%
Iron Omg	0%
Potassium 6mg	0%



ITEM#91-404 8x200gm



30 servings per container Serving size 1	tbsp (10g)
Amount per serving Calories	40
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 300mg	13
Total Carbohydrate 9g	3%
Dietary Fiber 2g	3%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 20mg	7%
Iron Omg	0%
Potassium 0mg	0%



ITEM#91-405 8x300gm



	bsp (5g
Amount per serving Calories	15
% [Daily Value
Total Fat 0.5g	0%
Saturated Fat 0g	09
Trans Fat 0g	
Cholesterol 0mg	09
Sodium 50mg	29
Total Carbohydrate 3g	19
Dietary Fiber 1g	3%
Total Sugars 0g	
Includes 0g Added Sugars	09
Protein 0g	
Vitamin D 0mcg	0
Calcium 23mg	21
Iron Omg	04
Potassium 5mg	01
* The % Daily Value (DV) tells you how mu a serving of food contributes to a daily diet. a day is used for general nutrition advice.	ch a nutrient i 2,000 calorie



ITEM#91-407 8x200gm









Nutrition 20 servings per containe Serving size	
Amount per serving Calories	40
	% Daily Value*
Total Fat 2g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	3%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mog	0%
Calcium 100mg	7%
Iron 4mg	20%
Potassium 178mg	4%
*The % Daily Value (DV) tells you has serving of food contributes to a data day is used for general nutrition as	ily diet. 2,000 calories

8x200gm



ITEM#91-412 8x200gm

Nutrition Facts

20

Calories

Total Fat 0.5g



The state of the s	
Nutrition F	acts
30 servings per container Serving size 1	tbsp (10g)
Amount per serving Calories	35
	6 Daily Value*
Total Fat 0.5g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 3g	10%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 18mg	1%
Iron 4mg	20%
Potassium 77mg	1%
* The % Daily Value (DV) tells you how a serving of food contributes to a daily d	let 2,000 calories



ITEM#9<mark>1-414</mark> 8x400gm



Nutrition F 27 servings per container Serving size 1 ti	acts
Amount per serving Calories	50
%	Daily Valu
Total Fat 3g	4
Saturated Fat 0g	0'
Trans Fat 0g	
Cholesterol 0mg	0'
Sodium 5mg	0
Total Carbohydrate 4g	- 1
Dietary Fiber 2g	7'
Total Sugars 1g	
Includes 0g Added Sugars	0'
Protein 2g	
Vitamin D 0mog	0
Calcium 60mg	4
Iron 1mg	6
Potassium 81mg	2



8x300gm



	Nutrition F 30 servings per container Serving size 1 to	acts bsp (10g
	Amount per serving Calories	60
	%	Daily Value
	Total Fat 5g	69
	Saturated Fat 0.5g	39
	Trans Fat 0g	
	Cholesterol 0mg	09
×	Sodium 0mg	09
r	Total Carbohydrate 2g	19
	Dietary Fiber 1g	39
	Total Sugars 0g	
	Includes 0g Added Sugars	09
	Protein 2g	
	Vitamin D 0mcg	09
	Calcium 100mg	79
	Iron 1mg	89
	Potassium 47mg	19



ITEM#91-418 8x300gm



Nutrition F 30 servings per container	acı
	tbsp (†¢
Amount per serving Calories	6
	% Daily Val
Total Fat 5g	
Saturated Fat 0.5g	
Trans Fat 0g	
Cholesterol 0mg	
Sodium 0mg	
Total Carbohydrate 2g	
Dietary Fiber 1g	
Total Sugars 0g	
Includes 0g Added Sugars	
Protein 2g	
Vitamin D 0mcg	
Calcium 100mg	
Iron 1mg	
Potassium 47mg	



ITEM#91-419 8x300gm



Nutrition	Fact
40 servings per containe Serving size	1 tbsp (5
Amount per serving Calories	2
	% Daily Valu
Total Fat 1g	1
Saturated Fat 0g	0
Trans Fat 0g	
Cholesterol 0mg	0
Sodium 80mg	3
Total Carbohydrate 2g	1
Dietary Fiber 2g	7
Total Sugars 0g	
Includes 0g Added Sugars	0
Protein 1g	
Vitamin D 0mcg	(
Calcium 20mg	
Iron 1mg	-
Potassium 16mg	-



ITEM#91-421 8x200gm



Nutrition	
40 servings per contai Serving size	ner 1 tbsp (5g
Amount per serving Calories	20
	% Daily Value
Total Fat 1g	19
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	09
Sodium 0mg	09
Total Carbohydrate 3g	19
Dietary Fiber 2g	79
Total Sugars 0g	
Includes 0g Added Sugar	rs 0%
Protein 1g	
Vitamin D 0mog	05
Calcium 30mg	25
Iron 1mg	49
Potassium 63mg	15
* The % Daily Value (DV) tells yo a serving of food contributes to a a day is used for general nutrition	u how much a nutrier daily diet. 2,000 calo



8x200gm





ITEM#91-425 8x200gm

Blended Spices..



Nutrition Fa	cts
40 servings per container Serving size	5g
Amount per serving Calories	10
% Dail	ly Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 3g	10%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 1g	_
Vitamin D 0mcg	0%
Calcium 60mg	6%
Iron 0mg	0%
Potassium 21mg	1%
*The % Daily Value (DV) tells you how much a a serving of food contributes to a daily diet. 2.0 a day is used for general nutrition advice.	nutrient in 00 calories



ITEM#91-427 8x100gm



Nutrition	Facts
40 servings per container Serving size	1 tbsp (5g)
Amount per serving Calories	20
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	3%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron Omg	2%
	13%
Potassium 55mg	13%
* The % Daily Value (DV) tells you ho a serving of food contributes to a daily a day is used for general nutrition adv	diet. 2,000 calories



ITEM#91-428 8x100gm



	sp (10g
Amount per serving Calories	60
% !	Daily Value
Total Fat 5g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	5%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	09
Calcium 100mg	109
Iron 1mg	89
Potassium 47mg	19



ITEM#91-429 8x100gm



CHANA MASALA (Spice Blend)



ITEM#91-431 8x100gm



Nutrition	Facts
40 servings per container Serving size	1 tbsp (5g)
Amount per serving Calories	15
	% Daily Value
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 60mg	2%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 19mg	2%
Iron 0mg	0%
Potassium 5mg	0%



ITEM#91-432 8x100gm



Nutrition F	acts
40 servings per container Serving size 1	tbsp (5g
Amount per serving Calories	15
%	Daily Value
Total Fat 0.5g	19
Saturated Fat 0g	09
Trans Fat 0g	
Cholesterol 0mg	09
Sodium 60mg	29
Total Carbohydrate 3g	19
Dietary Fiber 1g	49
Total Sugars 0g	
Includes 0g Added Sugars	09
Protein 0g	
Vitamin D 0mcg	09
Calcium 19mg	29
Iron 0mg	0,
Potassium 5mg	09
* The % Daily Value (DV) tells you how r	nuch a nutrient



ITEM#91-433 8x100gm



Nutrition 40 servings per container	
Serving size Amount per serving Calories	1 tbsp (5g)
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 39mg	4%
Iron Omg	0%
Potassium 0mg	0%



ITEM#91-434 8x100gm





ITEM#91-600 10x1 LITER



Nutrition Fa 183 servings per container	
Serving size	1 tsp(5g)
Amount per serving Calories	45
%	Daily Value*
Total Fat 5g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron Omg	0%
Potassium 0mg	0%



ITEM#91-601 10x1 LITER



Nutrition Fa	acts
183 servings per container Serving size	tsp(5g)
Amount per serving Calories	45
	Daily Value*
Total Fat 5g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mog	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%
*The % Daily Value (DV) tells you how mu a serving of food contributes to a daily diet, a day is used for general nutrition advice.	ch a nutrient in 2,000 calories



ITEM#91-602 10x1 LITER



Nutrition	
183 servings per conta Serving size	iner 1 tsp(
Amount per serving Calories	4
	% Daily Va
Total Fat 5g	
Saturated Fat 0.5g	
Trans Fat 0g	
Cholesterol 0mg	
Sodium 0mg	
Total Carbohydrate 0g	
Dietary Fiber 0g	
Total Sugars 0g	
Includes 0g Added Sug	ars
Protein 0g	
Vitamin D 0mcg	
Calcium 0mg	
Iron Omg	



ITEM#91-603 10x1 LITER



Nutrition	
91 servings per containe Serving size	er 1 tsp(5
Amount per serving Calories	4
	% Daily Valu
Total Fat 5g	
Saturated Fat 0.5g	3
Trans Fat 0g	
Cholesterol 0mg	(
Sodium 0mg	
Total Carbohydrate 0g	(
Dietary Fiber 0g	(
Total Sugars 0g	
Includes 0g Added Suga	ırs (
Protein 0g	
Vitamin D 0mcg	
Calcium 0mg	
Iron Omg	



ITEM#91-604 24x500 ML



30 servings per containe Serving size	er 1 tbsp(15ml)
Amount per serving Calories	120
No.	% Daily Value*
Total Fat 14g	18%
Saturated Fat 13g	65%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Suga	rs 0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%
* The % Daily Value (DV) tells you h a serving of food contributes to a da a day is used for general nutrition ac	ily diet. 2,000 calories



ITEM#91-605 10x444 ML

Pulses..



Nutrition	<u>Facts</u>
18 servings per container Serving size	100g
Amount per serving Calories	340
•	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 63g	23%
Dietary Fiber 10g	35%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 130mg	10%
Iron 5mg	28%
Potassium 1400mg	30%
* The % Daily Value (DV) tells you how a serving of food contributes to a daily a day is used for general nutrition advi	diet. 2.000 calories



ITEM#91-341 10x4LBS JARS



Nutrition Fa	acts
18 servings per container Serving size	100g
Amount per serving Calories	341
	Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	1%
Total Carbohydrate 59g	21%
Dietary Fiber 18g	64%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 25g	
Vitamin D 0mog	0%
Calcium 140mg	11%
Iron 8mg	42%
Potassium 980mg	21%
*The % Daily Value (DV) tells you how mu a serving of food contributes to a daily dist. a day is used for general nutrition advice.	ch a nutrient in 2,000 calories



ITEM#91-342 10x4LBS JARS



Serving size	100
Amount per serving Calories	350
	% Daily Valu
Total Fat 1g	1'
Saturated Fat 0g	0'
Trans Fat 0g	
Cholesterol 0mg	0
Sodium 15mg	0
Total Carbohydrate 63	g 23
Dietary Fiber 16g	57
Total Sugars 7g	
Includes 0g Added S	ugars 0'
Protein 24g	
Vitamin D 0mcg	0
Calcium 130mg	10
Iron 7mg	37
Potassium 700mg	15



ITEM#91-343 10x4LBS JARS



Pulses...



Nutrition F	acts
9 servings per container Serving size	100g
Amount per serving Calories	360
-	% Daily Value*
Total Fat 6g	9%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 61g	20%
Dietary Fiber 17g	68%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 19g	
Vitamin D 0mcg	0%
Calcium 100mg	10%
Iron 7mg	34%
Potassium 875mg	25%
* The % Daily Value (DV) tells you how a serving of food contributes to a daily of a day is used for general nutrition advice	diet. 2,000 calories



ITEM#91-301 20x2LBS



Nutrition F	acts
18 servings per container Serving size	100g
Amount per serving Calories	360
%	Daily Value*
Total Fat 6g	9%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 61g	20%
Dietary Fiber 17g	68%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 19g	
Vitamin D 0mcg	0%
Calcium 100mg	10%
Iron 7mg	34%
Potassium 875mg	25%
* The % Daily Value (DV) tells you how m a serving of food contributes to a daily die a day is used for general nutrition advice.	



ITEM#91-302 10x4LBS



Nutrition F	acts
9 servings per container Serving size	100g
Amount per serving Calories	340
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 63g	23%
Dietary Fiber 10g	35%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 130mg	10%
Iron 5mg	28%
Potassium 1400mg	30%
* The % Daily Value (DV) tells you how a serving of food contributes to a daily of a day is used for general nutrition advice	liet, 2,000 calories



ITEM#91-303 20x2LBS



Nutrition Fa	<u>cts</u>
18 servings per container Serving size	100g
Amount per serving Calories	340
% D:	aily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 63g	23%
Dietary Fiber 10g	35%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 130mg	10%
Iron 5mg	28%
Potassium 1400mg	30%
* The % Daily Value (DV) tells you how much a serving of food contributes to a daily diet. 2 a day is used for general nutrition advice.	a nutrient in 0,000 calories



ITEM#91-304 10x4LBS



Nutrition F	acts
9 servings per container Serving size	100g
Amount per serving Calories	350
%	Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	0%
Total Carbohydrate 63g	23%
Dietary Fiber 16g	57%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 24g	
Vitamin D 0mcg	0%
Calcium 130mg	10%
Iron 7mg	37%
Potassium 700mg	15%
* The % Daily Value (DV) tells you how m a serving of food contributes to a daily did a day is used for general nutrition advice.	



ITEM#91-305 20x2LBS



Amount per Calor		ı	350
			% Daily Value
Total Fat 1			19
Saturated	Fat 0g		0%
Trans Fat 0			
Cholestero			0%
Sodium 15r Total Carbo		00	23%
Dietary Fib		ьзд	
Total Suga			57%
	0a Added	Sugare	0%
Protein 24g		Ouguis	0,
Vitamin D 0m	cg		09
Calcium 130n	ng		109
Iron 7mg			379
Potassium 70	0mg		159
* The % Daily Va a serving of food a day is used for	contributes	to a daily o	much a nutrient i liet. 2,000 calorie e.

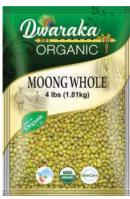
ITEM#91-306 10x4LBS



9 servings per container Serving size	Facts
Amount per serving Calories	350
	% Daily Value
Total Fat 1g	19
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	0%
Total Carbohydrate 63g	23%
Dietary Fiber 16g	57%
Total Sugars 7g	
Includes 0g Added Suga	rs 0%
Protein 24g	
Vitamin D 0mcg	09
Calcium 130mg	109
Iron 7mg	379
Potassium 700mg	159
* The % Daily Value (DV) tells you h a serving of food contributes to a da a day is used for general nutrition as	ily diet. 2,000 calorie



ITEM#91-307 20x2LBS



Serving size	100
Amount per serving Calories	350
	6 Daily Value
Total Fat 1g	11
Saturated Fat 0g	0
Trans Fat 0g	
Cholesterol 0mg	0
Sodium 15mg	0,
Total Carbohydrate 63g	23
Dietary Fiber 16g	57
Total Sugars 7g	
Includes 0g Added Sugars	0
Protein 24g	
Vitamin D 0mcg	0
Calcium 130mg	10
Iron 7mg	37
Potassium 700mg	15
* The % Daily Value (DV) tells you how r a serving of food contributes to a daily di a day is used for general nutrition advice	iet. 2,000 calori



10x4LBS



9 servings per container Serving size	100
Amount per serving Calories	350
	6 Daily Valu
Total Fat 1g	1'
Saturated Fat 0g	0'
Trans Fat 0g	
Cholesterol 0mg	0'
Sodium 15mg	0'
Total Carbohydrate 63g	23
Dietary Fiber 16g	57
Total Sugars 7g	
Includes 0g Added Sugars	0'
Protein 24g	
Vitamin D 0mcg	0
Calcium 130mg	10
Iron 7mg	37
Potassium 700mg	15
* The % Daily Value (DV) tells you how r a serving of food contributes to a daily di a day is used for general nutrition advice	iet. 2,000 calori



ITEM#91-309 20x2LBS



Nutrition F 18 servings per container Serving size	acts
Amount per serving Calories	350
	Daily Value
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	0%
Total Carbohydrate 63g	23%
Dietary Fiber 16g	57%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 24g	
Vitamin D 0mcg	0%
Calcium 130mg	10%
Iron 7mg	37%
Potassium 700mg	15%
* The % Daily Value (DV) tells you how n a serving of food contributes to a daily di- a day is used for general nutrition advice	et. 2.000 calories



ITEM#91-310 10x4LBS

Pulses...



9 servings per container Serving size	100
Amount per serving Calories	341
- %	6 Daily Value
Total Fat 1.5g	29
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	19
Total Carbohydrate 59g	219
Dietary Fiber 18g	64%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 25g	
Vitamin D 0mcg	09
Calcium 140mg	119
Iron 8mg	429
Potassium 980mg	219
* The % Daily Value (DV) tells you how n a serving of food contributes to a daily di a day is used for general nutrition advice	iet. 2,000 calorie



ITEM#91-311 20x2LBS



18 servings per container Serving size	1000
Amount per serving Calories	341
	Daily Value
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	1%
Total Carbohydrate 59g	21%
Dietary Fiber 18g	64%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 25g	
Vitamin D 0mcg	0%
Calcium 140mg	11%
Iron 8mg	42%
Potassium 980mg	21%



ITEM#91-312 10x4LBS



Nutrition F	acts
9 servings per container Serving size	1000
Amount per serving Calories	341
	Daily Value
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	1%
Total Carbohydrate 59g	21%
Dietary Fiber 18g	64%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 25g	
Vitamin D 0mcg	09
Calcium 140mg	119
Iron 8mg	429
Potassium 980mg	219
* The % Daily Value (DV) tells you how ma a serving of food contributes to a daily die a day is used for general nutrition advice.	uch a nutrient in t. 2,000 calorie



ITEM#91-313 20x2LBS



Nutrition I	
18 servings per container Serving size	100g
Amount per serving Calories	341
	% Daily Value*
Total Fat 1.5g Saturated Fat 0g	2% 0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	1%
Total Carbohydrate 59g	21%
Dietary Fiber 18g	64%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 25g	
Vitamin D 0mcg	0%
Calcium 140mg	11%
Iron 8mg	42%
Potassium 980mg	21%
* The % Daily Value (DV) tells you how a serving of food contributes to a daily a day is used for general nutrition advi	diet. 2,000 calories



ITEM#91-314 10x4LBS



Nutrition F	acts
9 servings per container Serving size	100g
Amount per serving Calories	345
9	6 Daily Value*
Total Fat 2g	2%
Saturated Fat 0.5g	2%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 59g	21%
Dietary Fiber 11g	39%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 25g	
Vitamin D 0mcg	0%
Calcium 40mg	3%
Iron 8mg	42%
Potassium 950mg	20%
* The % Daily Value (DV) tells you how r a serving of food contributes to a daily d a day is used for general nutrition advice	iet. 2,000 calories



ITEM#91-315 20x2LBS



Nutrition F 18 servings per container	acts
Serving size	100
Amount per serving Calories	350
	Daily Value
Total Fat 1g	1
Saturated Fat 0g	1
Trans Fat 0g	
Cholesterol 0mg	0
Sodium 10mg	11
Total Carbohydrate 60g	20
Dietary Fiber 31g	124
Total Sugars 2g	
Includes 0g Added Sugars	0
Protein 26g	
Vitamin D 0mcg	0
Calcium 50mg	5
Iron 8mg	41
Potassium 950mg	27
* The % Daily Value (DV) tells you how n a serving of food contributes to a daily di a day is used for general nutrition advice	et. 2,000 calori



ITEM#91-316 10x4LBS



Nutrition F 9 servings per container	act
Serving size	100
Amount per serving Calories	350
	Daily Valu
Total Fat 1g	1
Saturated Fat 0g	1
Trans Fat 0g	
Cholesterol 0mg	0
Sodium 10mg	1
Total Carbohydrate 60g	20
Dietary Fiber 31g	124
Total Sugars 2g	
Includes 0g Added Sugars	0
Protein 26g	
Vitamin D 0mcg	C
Calcium 50mg	5
Iron 8mg	41
Potassium 950mg	27
* The % Daily Value (DV) tells you how n a serving of food contributes to a daily di a day is used for general nutrition advice	et. 2,000 calor



ITEM#91-317 20x2LBS



Nutrition F	acts
18 servings per container Serving size	100
Amount per serving Calories	350
%	Daily Value
Total Fat 1g	19
Saturated Fat 0g	19
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	19
Total Carbohydrate 60g	20%
Dietary Fiber 31g	1249
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 26g	
Vitamin D 0mcg	09
Calcium 50mg	59
Iron 8mg	419
Potassium 950mg	279



10x4LBS



9 servings per container Serving size	100
Amount per serving Calories	330
%	Daily Value
Total Fat 1g	19
Saturated Fat 0g	09
Trans Fat 0g	
Cholesterol 0mg	09
Sodium 20mg	19
Total Carbohydrate 60g	229
Dietary Fiber 25g	899
Total Sugars 2g	
Includes 0g Added Sugars	09
Protein 24g	
Vitamin D 0mcg	0'
Calcium 140mg	111
Iron 8mg	45'
Potassium 1400mg	30'



ITEM#91-319 20x2LBS



100g
330
Daily Value*
1%
0%
0%
1%
22%
89%
0%
0%
11%
45%
30%



10x4LBS

Pulses...



Serving size	100
Amount per serving Calories	340
	Daily Value
Total Fat 1.5g	29
Saturated Fat 0.5g	29
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 62g	22%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 23g	
Vitamin D 0mcg	09
Calcium 150mg	119
Iron 12mg	609
Potassium 1200mg	259



ITEM#91-321 20x2LBS



Nutrition Fa	acts
18 servings per container Serving size	100g
Amount per serving Calories	340
% !	Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0.5g	2%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 62g	22%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 23g	
Vitamin D 0mcg	0%
Calcium 150mg	11%
Iron 12mg	60%
Potassium 1200mg	25%
* The % Daily Value (DV) tells you how mu a serving of food contributes to a daily diet a day is used for general nutrition advice.	ch a nutrient in 2,000 calories



ITEM#91-322 10x4LBS



Nutrition F 9 servings per container	acts
Serving size	100g
Amount per serving Calories	360
Calones	300
9	6 Daily Value*
Total Fat 6g	7%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 61g	22%
Dietary Fiber 17g	61%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 19g	
Vitamin D 0mcg	0%
Calcium 100mg	7%
Iron 6mg	34%
Potassium 870mg	18%
* The % Daily Value (DV) tells you how a serving of food contributes to a daily d a day is used for general nutrition advice	iet. 2,000 calories



ITEM#91-323 20x2LBS



Nutrition Fa	cts
18 servings per container Serving size	100g
Amount per serving Calories	360
% Da	ily Value*
Total Fat 6g	7%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 61g	22%
Dietary Fiber 17g	61%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 19g	
_	
Vitamin D 0mcg	0%
Calcium 100mg	7%
Iron 6mg	34%
Potassium 870mg	18%
* The % Daily Value (DV) tells you how much a serving of food contributes to a daily diet. 2, a day is used for general nutrition advice.	



ITEM#91-324 10x4LBS



Nutrition F	acts
9 servings per container Serving size	100g
Amount per serving Calories	360
	% Daily Value*
Total Fat 6g	7%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 61g	22%
Dietary Fiber 17g	60%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 19g	
Vitamin D 0mcg	0%
Calcium 100mg	7%
Iron 6mg	34%
Potassium 875mg	18%
* The % Daily Value (DV) tells you how a serving of food contributes to a daily a day is used for general nutrition advice	diet. 2,000 calories



ITEM#91-325 20x2LBS



Nutrition F	acts
18 servings per container Serving size	100
Amount per serving Calories	360
%	Daily Value
Total Fat 6g	79
Saturated Fat 0.5g	39
Trans Fat 0g	
Cholesterol 0mg	09
Sodium 25mg	19
Total Carbohydrate 61g	229
Dietary Fiber 17g	609
Total Sugars 11g	
Includes 0g Added Sugars	09
Protein 19g	
Vitamin D 0mcg	09
Calcium 100mg	79
Iron 6mg	349
Potassium 875mg	189
* The % Daily Value (DV) tells you how n a serving of food contributes to a daily di a day is used for general nutrition advice	et. 2,000 calorie



ITEM#91-326 10x4LBS



Nutrition Fa 9 servings per container Serving size	100
Amount per serving Calories	34 ⁻
	Daily Valu
Total Fat 1.5g	2
Saturated Fat 0g	0
Trans Fat 0g	
Cholesterol 0mg	0
Sodium 35mg	1
Total Carbohydrate 59g	21
Dietary Fiber 18g	64
Total Sugars 0g	
Includes 0g Added Sugars	0
Protein 25g	
Vitamin D 0mcg	0
Calcium 140mg	11
Iron 8mg	42
Potassium 980mg	21
* The % Daily Value (DV) tells you how mu a serving of food contributes to a daily diet. a day is used for general nutrition advice.	ch a nutrient 2,000 calori



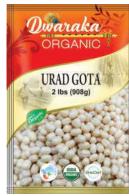
ITEM#91-329 20x2LBS



Nutrition F	acts
18 servings per container Serving size	100
Amount per serving Calories	341
%	Daily Value
Total Fat 1.5g	29
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	19
Total Carbohydrate 59g	219
Dietary Fiber 18g	649
Total Sugars 0g	
Includes 0g Added Sugars	09
Protein 25g	
Vitamin D 0mcg	09
Calcium 140mg	119
Iron 8mg	429
Potassium 980mg	219



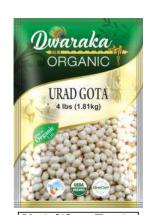
10x4LBS



Nutrition F	acts
9 servings per container Serving size	100
Amount per serving Calories	341
%	Daily Value
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	1%
Total Carbohydrate 59g	21%
Dietary Fiber 18g	64%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 25g	
Vitamin D 0mcg	09
Calcium 140mg	119
Iron 8mg	429
Potassium 980mg	219
* The % Daily Value (DV) tells you how m a serving of food contributes to a daily die a day is used for general nutrition advice.	uch a nutrient in st. 2,000 calorie



ITEM#91-331 20x2LBS



Serving size	1000
Amount per serving Calories	341
	% Daily Value
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	1%
Total Carbohydrate 59g	21%
Dietary Fiber 18g	64%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 25g	
Vitamin D 0mcg	09
Calcium 140mg	119
Iron 8mg	429
Potassium 980mg	219



ITEM#91-332 10x4LBS

Pulses..



Nutrition Fa	<u>icts</u>
9 servings per container Serving size	100g
Amount per serving Calories	315
% D	aily Value*
Total Fat 3g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 61g	22%
Dietary Fiber 17g	61%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 11g	
Vitamin D 0mcg	0%
Calcium 100mg	7%
Iron 6mg	34%
Potassium 870mg	18%
* The % Daily Value (DV) tells you how muc a serving of food contributes to a daily diet: a day is used for general nutrition advice.	h a nutrient in 2,000 calories



ITEM#91-333 20x2LBS



9 servings per container Serving size	100g
Amount per serving Calories	330
	Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 60g	22%
Dietary Fiber 25g	89%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 24g	
Vitamin D 0mcg	0%
Calcium 140mg	11%
Iron 8mg	45%
Potassium 1400mg	30%
* The % Daily Value (DV) tells you how n a serving of food contributes to a daily di a day is used for general nutrition advice	et. 2.000 calories



ITEM#91-337 20x2LBS



18 servings per container Serving size	100
Amount per serving Calories	315
%	Daily Value
Total Fat 3g	49
Saturated Fat 0.5g	35
Trans Fat 0g	
Cholesterol 0mg	09
Sodium 25mg	15
Total Carbohydrate 61g	229
Dietary Fiber 17g	619
Total Sugars 2g	
Includes 0g Added Sugars	09
Protein 11g	
Vitamin D 0mcg	04
Calcium 100mg	7'
Iron 6mg	34
Potassium 870ma	189



ITEM#91-334 10x4LBS



Nutrition Fa	acts
18 servings per container Serving size	100g
Amount per serving Calories	330
%	Daily Value
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 60g	22%
Dietary Fiber 25g	89%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 24g	
Vitamin D 0mcg	09
Calcium 140mg	119
Iron 8mg	45%
Potassium 1400mg	30%



ITEM#91-338 10x4LBS



9 servings per container Serving size	100
Amount per serving Calories	330
	aily Value
Total Fat 1g	19
Saturated Fat 0g	09
Trans Fat 0g	
Cholesterol 0mg	09
Sodium 20mg	19
Total Carbohydrate 60g	229
Dietary Fiber 25g	899
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 24g	
Vitamin D 0mcg	09
Calcium 140mg	119
Iron 8mg	459
Potassium 1400mg	309



ITEM#91-335 20x2LBS



Nutrition Fa	
Serving size	1000
Amount per serving Calories	90
	aily Value
Total Fat 0.5g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 19g	7%
Dietary Fiber 5g	18%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	09
Calcium 120mg	9%
Iron 1mg	69
Potassium 430mg	9%
* The % Daily Value (DV) tells you how mucl a serving of food contributes to a daily diet. 2 a day is used for general nutrition advice.	n a nutrient ir 2,000 calorie



ITEM#91-339 20x2LBS



Serving size	r 100	
Amount per serving Calories	330	
%	Daily Value	
Total Fat 1g	19	
Saturated Fat 0g	0%	
Trans Fat 0g		
Cholesterol 0mg	0%	
Sodium 20mg	19	
Total Carbohydrate 60g	22%	
Dietary Fiber 25g	899	
Total Sugars 2g		
Includes 0g Added Sugars	0%	
Protein 24g		
Vitamin D 0mcg	09	
Calcium 140mg	119	
Iron 8mg	459	
Potassium 1400mg	309	



ITEM#91-336 10x4LBS



18 servings per container Serving size	10
Amount per serving Calories	9
%	Daily Val
Total Fat 0.5g	
Saturated Fat 0g	
Trans Fat 0g	
Cholesterol 0mg	
Sodium 0mg	
Total Carbohydrate 19g	
Dietary Fiber 5g	1
Total Sugars 3g	
Includes 0g Added Sugars	
Protein 3g	
Vitamin D 0mcg	
Calcium 120mg	
Iron 1mg	
Potassium 430mg	



ITEM#91-340 10x4LBS

Flours..



Serving size 1	cup (100g
Amount per serving Calories	420
	% Daily Value
Total Fat 10g	139
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 68g	25%
Dietary Fiber 8g	289
Total Sugars 2g	
Includes 0g Added Sugar	s 0%
Protein 14g	
Vitamin D 0mcg	09
Calcium 62mg	59
Iron 4mg	209
Potassium 507mg	119
* The % Daily Value (DV) tells you ho a serving of food contributes to a dail a day is used for general nutrition adv	y diet. 2,000 calorie



ITEM#91-700 12x2LBS



Nutrition Facts 9 servings per container Serving size 1 cup (100g	
Amount per serving Calories	340
	Daily Value
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 75g	27%
Dietary Fiber 6g	21%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 11g	
Vitamin D 0mcq	0%
Calcium 30mg	2%
Iron 4mg	24%
Potassium 342mg	7%
* The % Daily Value (DV) tells you how m a serving of food contributes to a daily die a day is used for general nutrition advice.	uch a nutrient in et. 2,000 calories



ITEM#91-704 12x2LBS



Serving size 1	cup (100g
Amount per serving Calories	360
	% Daily Value
Total Fat 5g	69
Saturated Fat 0g	09
Trans Fat 0g	
Cholesterol 0mg	09
Sodium 0mg	0%
Total Carbohydrate 67g	249
Dietary Fiber 1g	39
Total Sugars 0g	
Includes 0g Added Sugar	s 0%
Protein 12g	
Vitamin D 0mcg	09
Calcium 41mg	39
Iron 8mg	449
Potassium 195mg	40



ITEM#91-701 12x2LBS



Nutritio	n Facts
9 servings per cont Serving size	ainer 1 cup (100g
Amount per serving Calories	340
	% Daily Valu
Total Fat 1g	1
Saturated Fat 0g	0
Trans Fat 0g	
Cholesterol 0mg	0
Sodium 5mg	0
Total Carbohydrate	73g 26
Dietary Fiber 4g	14
Total Sugars 0g	
Includes 0g Added	Sugars 0
Protein 8g	
Vitamin D 0mcg	0
Calcium 350mg	27
Iron 4mg	20
Potassium 45mg	1
* The % Daily Value (DV) tells a serving of food contributes a day is used for general nutr	to a daily diet. 2,000 calor



ITEM#91-705 12x2LBS



Serving size 1 cu	<mark>ip (</mark> 100g
Amount per serving Calories	360
%	Daily Value
Total Fat 3g	49
Saturated Fat 1g	39
Trans Fat 0g	
Cholesterol 0mg	09
Sodium 10mg	09
Total Carbohydrate 71g	269
Dietary Fiber 10g	369
Total Sugars 3g	
Includes 0g Added Sugars	09
Protein 13g	
Vitamin D 0mcg	0'
Calcium 40mg	3'
Iron 4mg	23'
Potassium 460mg	10'



ITEM#91-702 12x2LBS



60 Value
40
17
2%
0%
1%
29%
7%
0%
09
09
29
19



17EM#91-706 12x2LBS



Serving size 1	cup (100g
Amount per serving Calories	360
	% Daily Value
Total Fat 5g	69
Saturated Fat 1g	39
Trans Fat 0g	
Cholesterol 0mg	09
Sodium 30mg	19
Total Carbohydrate 74g	279
Dietary Fiber 0g	09
Total Sugars 0g	
Includes 0g Added Sugars	09
Protein less than 1g	
Vitamin D 0mcg	04
Calcium 0mg	0
Iron 2mg	10
Potassium 90mg	29



ITEM#91-703 12x2LBS



Nutrition 9 servings per contain	
Serving size	1 cup (100
Amount per serving Calories	36
	% Daily Val
Total Fat 1g	
Saturated Fat 0g	
Trans Fat 0g	
Cholesterol 0mg	(
Sodium 0mg	
Total Carbohydrate 76	g 2 :
Dietary Fiber 3g	1-
Total Sugars 0g	
Includes 0g Added Si	ugars
Protein 10g	
Vitamin D 0mcg	
Calcium 10mg	
Iron 1mg	



ITEM#91-709 12x2LBS

Flours..



Nutrition 9 servings per container	
	cup (100g)
Calories	360
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 73g	26%
Dietary Fiber 4g	14%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 13g	
Vitamin D 0mcg	0%
Calcium 10mg	1%
Iron 1mg	6%
Potassium 185mg	4%
* The % Daily Value (DV) tells you how a serving of food contributes to a daily a day is used for general nutrition adv	diet. 2,000 calories



ITEM#91-710 12x2LBS



Nutritio	n Facts
9 servings per conta Serving size	iner 1 cup (100g)
Amount per serving Calories	350
	% Daily Value
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 5	
Dietary Fiber 18g	64%
Total Sugars 0g	
Includes 0g Added	Sugars 0%
Protein 25g	
Vitamin D 0mcg	0%
Calcium 131mg	10%
Iron 8mg	42%
Potassium 355mg	7%
* The % Daily Value (DV) tells a serving of food contributes to a day is used for general nutri	a daily diet. 2,000 calories



ITEM#91-713 12x2LBS



9 servings per container Serving size 1 cu	ıp (100g)
Amount per serving Calories	410
%	Daily Value
Total Fat 9g	12%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 68g	25%
Dietary Fiber 6g	21%
Total Sugars 0.5g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 41mg	4%
Iron 5mg	30%
Potassium 750mg	15%



ITEM#91-711 12x2LBS



Nutrition F 9 servings per container	act
	up (100
Amount per serving Calories	360
	Daily Valu
Total Fat 2g	2
Saturated Fat 0.5g	2
Trans Fat 0g	
Cholesterol 0mg	0
Sodium 5mg	0
Total Carbohydrate 73g	26
Dietary Fiber 12g	43
Total Sugars 2g	
Includes 0g Added Sugars	0
Protein 14g	
Vitamin D 0mcg	0
Calcium 38mg	3
Iron 4mg	20
Potassium 431mg	9
* The % Daily Value (DV) tells you how n a serving of food contributes to a daily di a day is used for general nutrition advice	et. 2,000 calor



17EM#91-714 12x2LBS



	_
Nutrition Fa	cts
9 servings per container Serving size 1 cup	(100g)
	(11-3)
Amount per serving Calories	370
	aily Value*
Total Fat 7g	9%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 60mg	2%
Total Carbohydrate 58g	21%
Dietary Fiber 11g	39%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 22g	
Vitamin D 0mcg	0%
Calcium 41mg	3%
Iron 5mg	26%
Potassium 845mg	18%
* The % Daily Value (DV) tells you how much a serving of food contributes to a daily diet. 2 a day is used for general nutrition advice.	a nutrient in ,000 calories



ITEM#91-712 12x2LBS



Nutrition 9 servings per container Serving size 1	cup (100g
Amount per serving Calories	370
	% Daily Value
Total Fat 7g	99
Saturated Fat 0.5g	39
Trans Fat 0g	
Cholesterol 0mg	09
Sodium 60mg	29
Total Carbohydrate 58g	219
Dietary Fiber 11g	399
Total Sugars 11g	
Includes 0g Added Sugars	3 O
Protein 22g	
Vitamin D 0mcg	0'
Calcium 41mg	3'
Iron 5mg	26'
Potassium 845mg	18'



ITEM#91-715 12x2LBS

Pastes..



ITEM#91-801

6x250GM

ITEM#91-802

6x250GM

Organic Jaggery...

ITEM#91-800

6x250GM



