**ORGANICALLY SOURCED** 

<sup>F</sup>Except chilli all products are sourced from organic vendors <sup>2</sup>hotographs shown on this packet are not of the content in this pack

## Garam masala **Nutritional Facts**

Amounts per 100 ams

% Daily value

Energy : 420 kcal	21%
Total Fat : 14.6 g	22%
Saturated Fat : 1.24g	6%
Trans Fat : 0 g	0%
Sodium : 200 mg	10%
Total carbohydrate : 57.42 g	
Total sugar : 2.2g	
Includes 0 g added sugars	0%
Protein : 14.7 g	
Calcium : 528 mg	
Iron : 4.2 mg	
Potassium : 923mg	
Cholesterol : 0 mg	

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day issued for general nutrition advice

## COOKING TIP:

Garam masala powder is typically added at the end of the cooking process to preserve the aroma and taste of the warm spices, giving the dish a lift of flavor before being served

For suggetions, feedbacks and complaints if any:

info@cappacale.com

+91 9778687186

10AM - 9PM

PRODUCT OF INDIA

Manufactured & Marketed By:

Cappacale Foods Pvt. Ltd. Door 40/463, Mamangalam, Palarivattom, Cochin - 682025, Kerala, INDIA

*ssai* 11322007000046





