**CAPPACALE

all products are sourced from organic vendors shown on this packet are not of the content in this pack

Meat masala **Nutritional Facts**

Amounts per 100 gms

% Daily value

Energy : 410 kcal	21%
Total Fat : 13.24 g	20%
Saturated Fat : 2.97 g	14%
Trans Fat : 0 g	0%
Sodium : 812.9 mg	41%
Total carbohydrate : 59 g	
Total sugar : 0 g	
Includes 0 g added sugars	0%
Protein : 12.5 g	
Calcium : 471.8 mg	
Iron : 1.43 mg	
Potassium : 810.1 mg	
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

INGREDIENTS FOR PREPARATION:

- 1. Chopped meat 1 kg
- 2. Cappacale meat masala 4 tablespoon
- 3. Onion sliced 200 g
- 4. Coconut oil 3 tablespoon
- 5. Sliced ginger 1 tablespoon
- 6. Green chillies 3 nos
- 7. Curry leaves 2 stalks
- 8. Mustard as required
- 9. Salt as required

Rub in Cappacale meat masala and salt to chopped meat pieces. Leave for 10 minutes. Heat oil, crackle mustard and fry sliced onions, ginger, chilly and curry leaves till half done. Add meat and water and cook till done.

For suggetions, feedbacks and complaints if any :

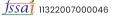
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10AM - 9PM

PRODUCT OF INDIA

Manufactured & Marketed By:

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CAPPACALE FOODS

COM

www.









NO ADDED CHEMICALS

