

Net Wt.
M.R.P.
(Inclusive of all taxes)
Unit Sale Price:
Batch No:
Mfg. Dt.
Use By:

CAPPACALE
FOODS

**FRESHLY
MILLED
FREE OFF
PRESERVATIVES
NO ADDED
CHEMICALS**

**FISH
MASALA**



**ORGANICALLY
SOURCED**

**FISH
MASALA**



ONLINE

**WWW.
CAPPACALE FOODS
.COM**

Fish masala

Nutritional Facts

Amounts per 100 gms % Daily value

| | |
|------------------------------------|------------|
| Energy : 410 kcal | 21% |
| Total Fat : 12.43 g | 19% |
| Saturated Fat : 2.17 g | 10% |
| Trans Fat : 0 g | 0% |
| Sodium : 794.85 mg | 40% |
| Total carbohydrate : 61.8 g | -- |
| Total sugar : 0 g | -- |
| Includes 0 g added sugars | 0% |
| Protein : 12.32g | -- |
| Calcium : 390.3 mg | |
| Iron : 1.52 mg | |
| Potassium : 728.4 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 is used for general nutrition advice.

INGREDIENTS:

Kashmiri chilli, chilli, dry garlic, dry ginger, fenugreek, mustard, turmeric, salt

PREPARATION:

Heat oil, crackle mustard and ginger, green chillies, garlic and curry leaves. Add cappacal fish masala and stir well. Add a little water, when everything is well blended, Add fish pieces and tamarind pulp. Adjust seasoning. Cover with a lid & cook for 5 more mins.

For suggestions, feedbacks and complaints if any :

✉ info@cappacale.com

☎ +91 9778687186

🕒 10AM - 9PM

PRODUCT OF INDIA

Manufactured & Marketed By:

Cappacale Foods Pvt. Ltd.
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fssai 11322007000046

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