

Photographs shown on this packet are not of the content in this pack

Imitation of label graphics is a punishable offence

Organic Ingredients: Coriander, Chana Dal, Peas Dal, Urad Dal, Raw Rice, Fenugreek, Asafoetida, Pepper, Turmeric, Curry Leaves
Conventional Ingredients: Chilly, Kashmiri Chilly, Salt

Sambar Powder

Nutritional Facts

Amounts per 100 gms	% Daily value
Energy : 370 kcal	19%
Total Fat : 10.03 g	15%
Saturated Fat : 0.80 g	4%
Trans Fat : 0 g	0%
Sodium : 2106 mg	0%
Total carbohydrate : 55 mg	--
Total sugar : 0 g	--
Includes 0 g added sugars	0%
Protein : 14.5 g	--
Calcium : 600.5 mg	
Iron : 1.04 mg	
Potassium : 734.1mg	
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 FOR PREPARATION:

1. Dhal - 100g
2. Cappacale sambar masala - 3 tablespoon
3. Chopped assorted vegetables - 250g
4. Chopped lady finger and tomato - 120g
5. Mustard, Red chilly and Curry leaves - as required
6. Coconut oil - 3 teaspoon
7. Tamarind water and salt - as required

PREPARATION:

1. Boil the washed toor dal with a cup of water in a pressure cooker (2-3 whistle)
2. Add chopped veggies, salt and a pinch of turmeric powder along with the dal and cook. When it is half cooked add sliced tomatoes and ladies finger and boil for 10 minutes
3. Heat coconut oil in a pan add mustard, curry leaves, red chillies and Cappacale Sambar powder. Pour it directly to the cooked veggies. Now delicious Cappacale Sambar is ready

For suggestions, feedbacks and complaints if any :

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🕒 10AM - 9PM

🇮🇳 PRODUCT OF INDIA

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FREE OFF
PRESERVATIVES
NO ADDED
CHEMICALS

SAMBAR
POWDER



ORGANICALLY
SOURCED

CAPPACALE
FOODS

SAMBAR
POWDER



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

