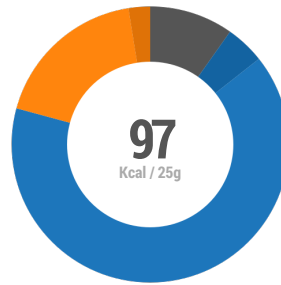


By Jessica Bravo from Foodhak

U / 8717260



20.8% Fat

Serves

Nutrient Breakdown per 25g...

	Energy		Lipid Components		Vitamins
Energy(kcal) 5% RI	97kcal	Saturated Fat 1% RI	0.27g	Vitamin A (ret eq)	0ug
Energy(Kj) 5% RI	408kJ	Monounsaturated fat	0g	Retinol	0ug
		cis-Mono	-	Carotene	0ug
	Macronutrients	Polyunsaturated fat	0g	Vitamin D	0ug
		Omega3(n-3)	-	Vitamin E	0mg
Carbohydrate 6% RI	16.8g	Omega6(n-6)	-	Vitamin K ₁	-
Protein 5% RI	2.4g	cis-Poly	-	Thiamin (B ₁)	0mg
Fat 3% RI	2.2g	Trans-fatty acids	0g	Riboflavin (B ₂)	0mg
Water	2.3g	Cholesterol	0mg	Niacin total (B ₃)	0mg
Water from Drinks	0g		Minerals & trace elements	Niacin	0mg
Alcohol (0% ABV)	0g			Tryptophan	0mg
	Carbohydrate	Sodium 37% RI	882mg	Pantothenic Acid (B ₅)	0mg
		Potassium 0% RI	1.4mg		
Starch	15.6g	Chloride 168% RI	1342mg	Vitamin B ₆	0mg
Oligosaccharide	-	Calcium 0% RI	0.1527mg	Folates (B ₉) Total	0ug
Fibre 1% RI	0.1425g	Phosphorus 0% RI	0.0153mg		
NSP	0.1164g	Magnesium 0% RI	1.2mg	Vitamin B ₁₂	0ug
Sugars 1% RI	1.1g	Iron 0% RI	0.0046mg	Biotin (B ₇)	0ug
Glucose	0g	Zinc 0% RI	0.0015mg	Vitamin C	0mg
Galactose	0g	Copper 0% RI	0.0012mg		
Fructose	0g	Manganese 0% RI	trace		

Sucrose
Maltose
Lactose

0g Selenium 0% RI
0g Iodine 0% RI
0g

trace	Other
0.672ug	
GI (estimated)	0
GL	0
Caffeine	-

Recipe Ingredients ...	Quantity:	Description:	Cost:
FHR063 STD SALTED ASHWAGANDHA SEASONING	16g	0.24x Recipe Total	£0.03
F Phool Makhana	76g		0.00
Sainsbury's Extra Virgin Olive Oil 1L	8ml	0.53x per 15ml serving	0.00
			TOTAL COST: £0.03

Products / Pack Sizes ...

1 Serving



 **Product code**

 **Barcode**

 **Unit Weight / Calories**

 **# 1**

 **Cost / RRP**

 **Sale pr(£ 0 + 200%)**

Ingredient List (QUID) ...

F Phool Makhana (76%), FHR063 STD SALTED ASHWAGANDHA SEASONING (16%) [Salt (38.2%), FH Natco Jaggery Powder (28.6%), Natco Rice Flour FH (19.1%), Ausha Organic Ashwagandha Root Powder (9.5%), Citric Acid, E330, Anhydrous (7.6%)], Sainsbury's Extra Virgin Olive Oil 1L (8%) [Extra Virgin Olive Oil]