



# Golden Glow

## Turmeric & Curry Spices

A fragrant curry kraut, glowing with the goodness of turmeric & the warming heat of cumin & coriander. Ingredients: White cabbage, Carrots, Salt, Garlic, Turmeric (1%), Cumin seeds, Coriander seeds, Curry powder (0.5%), Cardamom seeds

Nutritional info, typical values per 100g:

Energy kJ = 120kJ

Energy kcal = 29kcal

Fat = 0.4g

Of which Saturates = 0.0g

Carbohydrates = 5.1g

Of which Sugars = 4.4g

Protein = 1.4g

Salt 1.9g