

45080086, ADAS POLO BASMATI RICE MIX LENTIL PILAF, UPC: 052851141616
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Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Nutrient	Unit	2.0 oz 57g	1 Value Per100 g
Proximates			
Energy	kcal	200	351
Protein	g	6.00	10.53
Total lipid (fat)	g	1.50	2.63
Carbohydrate, by difference	g	41.00	71.93
Fiber, total dietary	g	4.0	7.0
Sugars, total	g	7.00	12.28
Minerals			
Calcium, Ca	mg	40	70
Iron, Fe	mg	1.80	3.16
Sodium, Na	mg	370	649
Vitamins			
Vitamin C, total ascorbic acid	mg	21.0	36.8
Vitamin A, IU	IU	0	0
Lipids			
Fatty acids, total saturated	g	0.00	0.00
Fatty acids, total trans	g	0.00	0.00
Cholesterol	mg	0	0

Amino Acids
Other
Ingredients

 INDIAN BASMATI RICE, LENTILS, RAISINS, FRIED ONIONS (VEGETABLE OIL, WHEAT FLOUR, SOYA FLOUR), FLAVOR ENHANCERS (SALT, CORNSTARCH, SUGAR, DEXTROSE, PARTIALLY HYDROGENATED SOYBEAN OIL, ONION, SPICES, DISODIUM INOSINATE, DISODIUM GUANYLATE, TURMERIC). *Date Last Updated by Company: 03/02/2016*