

DAL TADKA

280g



ASHOKA
THE ORIGINAL INDIAN TASTE

Dal Tadka

Seasoned and cooked lentils

'Ashoka' - The world's leading ethnic Indian Foods brand brings to you a complete range of ready-to-eat Indian delicacies. Each recipe, conjured by master chefs, brings out the rich aromatic flavours and tastes. Great care and meticulous detailing are essential ingredients of every recipe.

Dal Tadka is a speciality from North India. This scrumptious preparation of lentils with a mixture of Indian spices can be savoured with either freshly made hot Indian bread (naan) or rice.

HEATING INSTRUCTIONS

GAS BURNER

Take unopened foil pouch and immerse in boiling water for 3-5 minutes. Remove pouch, snip and serve.

MICROWAVE OVEN

Empty the contents of the pack in a microwaveable bowl and heat it for 2 minutes. Stir and serve.

INGREDIENTS

Water, Split Red Gram (13%), Onions, Sunflower Oil, Tomato, Garlic, Split Bengal Gram, Ginger, Salt, Green Chilli, Red Chilli Whole, Coriander Leaves, Cumin Seeds, Turmeric Powder, Dry Mango Powder.

Ingédients: Eau, Déchirure Gramme Rouge (13%), Oignon, Huile De Tournesol, Tomate, Ail, Déchirure Gramme De Bengale, Gingembre, Le Sel, Le Piment Vert, Piment Rouge Entier, Feuilles De Coriandre, Graines De Cumin, Curcuma En Poudre, Poudre Sèche Mango.

Zutaten: Wasser, Gespaltenes Rote Gramm (13%), Zwiebeln, Sonnenblumenöl, Tomaten, Knoblauch, Split Bengal-Gramm, Ingwer, Salz, Grüner Chili, Rote Paprika Ganze, Koriander, Kreuzkümmel, Kurkuma, Trocken Mango polvere.

Ingredienti: acqua, dividi grammo rossi (13%), cipolla, olio di girasole, pomodoro, aglio, spalatobengala gram, zenzero, sale, peperoncino verde, rosso peperoncinointero, foglie di coriandolo, semi di cumino, curcuma in polvere, a secco mango polvere.

Ingredientes: Agua, Gram Rojo Separado (13%), Cebolla, Aceite de Girasol, Tomate, Ajo, Split Bengala Gram, Jengibre, Sal, Chileverde, Chilerojoentera, Hojas de Cilantro, Semillas de Comino, Cúrcuma en Polvo, Seco Mango Polvo.

Nutrition Facts

2 servings per container
Serving Size **1/2 cup (140g)**

Amount per serving
Calories 110

	% Daily Value*
Total Fat 6g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 560mg	23%
Total Carbohydrate 9g	3%
Dietary Fiber 2g	8%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 1mg	6%
Potassium 266mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

[U.S. FCE #09591]

NUTRITION INFORMATION

Servings per package 2
Serving Size: 140 g

	Quantity per Serving	Quantity per 100 g
Energy	424.3 KJ / 101.3 Kcal	303.1 KJ / 72.4 Kcal
Protein	2.3 g	1.6 g
Fat, total	6.5 g	4.6 g
-saturated	0.6 g	0.5 g
Carbohydrate	8.7 g	6.2 g
sugars	0.0 g	0.0 g
Sodium	553.7 mg	395.5 mg

All specified values are averages

NUTRITION INFORMATION

Typical values per 100 g

Energy	303.1 KJ / 72.4 Kcal
Fat	4.6 g
Of which Saturated	0.5 g
Carbohydrate	6.2 g
Of which Sugar	<0.5 g
Protein	1.6 g
Salt	1.0 g

Processed in a facility that also processes Tree nuts, Peanuts, Soya, Mustard & Sesame.

DO NOT USE THE INNER POUCH IF LEAKING OR BLOATED.

Requires no refrigeration until the pouch is opened



Product of India / Produit de L'Inde / Produkt aus Indien / Prodotto di India / Producto de la India

Net Wt. / Poids Net / Netto Gew / Peso Neto / Peso Netto
280g e / 10 oz



8 901552 102147 0



Lic. No.10012021000252

Manufactured by: **ADF FOODS LIMITED**
C-40, 40/1 40/2, 40/3, GIDC, Indl. Estate
Nadiad - 387001, Gujarat, India.
Email: info@adf-foods.com
Visit us at: www.adf-foods.com

IMPORTER & DISTRIBUTED BY :
MASTER TRADERS LTD.
email: GURINDER@mastertradersltd.co.uk

Best Before :
Le mieux Avant la Date
Mindesthaltbarkeitsdatum
Huidbestedato
Mejor Antes de la Fecha
Consumarsi preferibilmente entro Data

