

BAIGAN BHARTA

280g



Baigan Bharta

Zerquetscht Auberginen
Purée d'Aubergines
بازنجان مهروس

'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.

Baigan Bharta is a traditional mashed aubergine preparation from the Northern part of India. It's roasted to enhance its exotic flavour. This delicacy has the pungent goodness of Indian spices. Served as a main-course, accompanied with rice, naan bread, chapati or as a side dish.

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

Aubergines, Onion, Tomato, Sunflower Oil, Tomato Paste, Coriander Leaves, Green Chilli, Coriander Powder, Salt, Garlic, Cumin, Corn Flour, Chilli Powder, Turmeric Powder, Sugar.

Ingrédients: Aubergines, Oignon, Tomate, Huile De Tournesol, Pâte De Tomates, Feuilles De Coriandre, Le Piment Vert, Coriandre En Poudre, Sel, Ail, Cumin, Farine De Maïs, Piment En Poudre, Poudre De Curcuma, Le Sucre.

Zutaten: Auberginen, Zwiebel, Tomate, Sonnenblumenöl, Tomatenpaste, Korianderblätter, Grün Chilli, Korianderpulver, Salz, Knoblauch, Kreuzkümmel, Stärkemehl, Chilli Pulver, Gelbwurz Pulver, Zucker.

Ingredienti: Melanzane, Cipolla, Pomodoro, Olio di Girasole, Concentrato di pomodoro, Foglie di coriandolo, Peperoncino verde, Polvere di Coriandolo, Sale, Aglio, Cumino, Farina di Granoturco, Polvere di peperoncino, Polvere di Curcuma, Zucchero.

Ingredientes: Berenjenas, Cebolla, Tomate, Aceite De Girasol, Pasta De Tomate, Hojas De Cilantro, Ají Verde, Cilantro En Polvo, Sal, Ajo, Comino, Harina De Maíz, Ají en Polvo, Cúrcuma En Polvo, Azúcar.

المكونات: باذنجان - بصل - طماطم - زيت دوار الشمس
- معجون طماطم - أوراق كزبرة - فلفل أخضر - مسحوق
كزبرة - ملح - ثوم - كمون - دقيق ذرة - ومسحوق فلفل -
مسحوق كركم - سكر.

Nutrition Facts

2 servings per container

Serving Size 1/2 cup (140g)

Amount per serving

Calories 150

% Daily Value*

Total Fat 9g 14%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0 mg 0%

Sodium 600mg 25%

Total Carbohydrate 12g 4%

Dietary Fiber 3g 12%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 3g

Vitamin D 0mcg 0%

Calcium 68mg 6%

Iron 3mg 15%

Potassium 270mg 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	595.2 kJ / 142.4 Kcal	425.5 kJ / 101.8 Kcal
Protein	2.9 g	2.1 g
Fat, total	9.2 g	6.6 g
- saturated	1.0 g	0.7 g
Carbohydrate	12.0 g	8.6 g
- sugars	0.3 g	0.2 g
Sodium	592.2 mg	423.0 mg

All specified values are averages.

NUTRITION INFORMATION

Typical values per 100 g

Energy	425.5 kJ / 101.8 kcal
Fat	6.6 g
Of which Saturates	0.7 g
Carbohydrate	8.6 g
Of which Sugar	<0.5 g
Protein	2.0 g
Salt	1.0 g

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

Best Before
Le mieux Avant la Date
Mindesthaltbarkeitsdatum
Hölbärbarhedsdato
Mayor Antes de la Fecha
Consumarsi preferibilmente entro Data

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

DO NOT USE THE INNER POUCH IF LEAKING OR BLOATED.

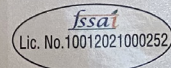
NI UTILISER PAS LE PETIT SAC INT RIEUR S'IL FUIT OU BOUFFI.

لا تستعمل الكيس الباطني ان يتسرب هذا او منتفخ

Product of India / Produit de L'inde / Produkt aus Indien / Prodotto di india / Producto de la india / إنتاج الهند

Net Wt. / Poids Net / Netto Gew / Peso Neto /
Peso Netto / الوزن الصافي

280g e / 10 oz / ٢٨٠



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