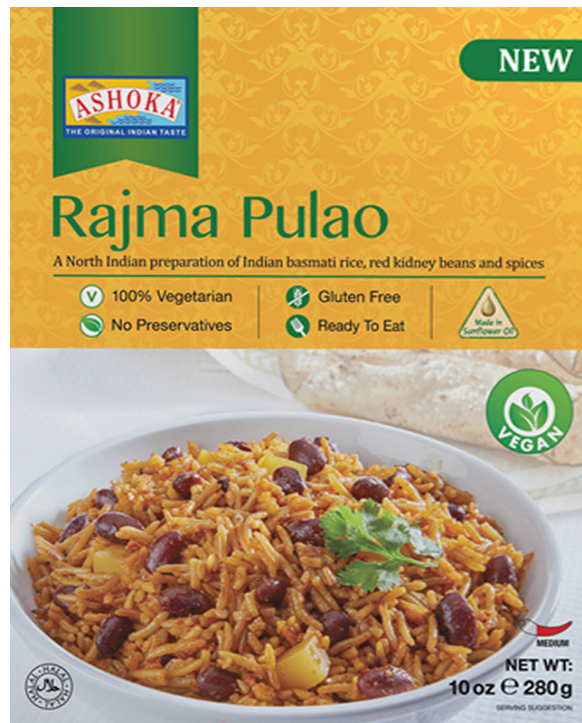


RAJMA PULAO

280g





Rajma Pulao

A North Indian preparation of Indian basmati rice, red kidney beans and spices

'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.

Rajma Pulao is a delicious rice preparation from the heartland of North India. Made with Indian basmati rice and mildly spiced beans, this wholesome, all-time favourite meal can be served with roasted poppadums or simply relished as it is.

INGREDIENTS

Water, Basmati Rice, Onions, Potatoes, Red Kidney Beans, Tomato, Sunflower Oil, Tomato Paste, Green Chilli, Salt, Garlic, Ginger, Coriander leaves, Mint Leaves, Red Chilli Powder, Cumin, Spices (Coriander Powder, Black Pepper, Aniseeds, Cinnamon, Nutmeg, Sesame Seeds, Black Cardamom, Green Cardamom, Clove, Bay Leaves, Star anise, Caraway Seeds, Ajwain Seeds, Mace, Stone Flower), Turmeric Powder, Turmeric Oleoresin.

Ingredients: eau, riz basmati, oignon, pomme de terre, haricot rouge, tomate, huile de tournesol, pâte de tomate, piment vert, sel, ail, gingembre, feuille de coriandre, feuille de menthe, poudre de chili rouge, cumin, épices (poudre de coriandre, poivre, grains d'anis, cannelle, moutarde, graines de sésame, cardamome noir, cardamome vert, clou de girofle, feuille de baies, anis étoilé, graine de carvi, graine d'ajowan, macis, fleur de pierre), poudre de curcuma, oléorésine de curcuma.

Zutaten: Wasser, Basmati-Reis, Zwiebeln, Kartoffeln, Kidneybohnen, Tomaten, Sonnenblumenöl, Tomatenmark, Grünes Chili, Salz, Knoblauch, Ingwer, Korianderblätter, Minzeblätter, Rotes Chilipulver, Kreuzkümmel, Gewürze (Korianterpulver, schwarzer Pfeffer, Anis, Zimt, Muskat, Sesamsamen, Schwarzer Kardamom, Grüner Kardamom, Nelken, Lorbeerblätter, Sternanis, Kümmelsamen, Ajowansamen, Muskatblüte, grobes Mehl), Kurkumapulver, Kurkuma-Oleoresin.

Ingredienti: acqua, riso Basmati, cipolle, patate, fagioli rossi, pomodoro, olio di girasole, pasta di pomodoro, peperoncino verde, sale, aglio, zenzero, foglie di coriandolo, foglie di menta, peperoncino rosso in polvere, cumino, spezie (polvere di coriandolo, pepe nero, semi di anice, cannella, noce moscata, semi di sesamo, cardamomo nero, cardamomo verde, chiodi di garofano, foglie di alloro, anice stellato, semi di cumino, semi di Ajwain, macis, fiore di pietra), curcuma in polvere, curcuma in oleoresina.

Ingredientes: agua, arroz basmati, cebollas, patatas, alubias rojas, tomate, aceite de girasol, pasta de tomate, Chile verde, sal, ajo, jengibre, hojas de cilantro, hojas de menta, Chile rojo en polvo, comino, especias (cilantro en polvo, pimienta negra, anís, canela, nuez moscada, semillas de sésamo, cardamomo negro, cardamomo verde, clavo de olor, hojas de laurel, anís estrella, semillas de alcarava, semillas ajowan, macis, jalpaso), cúrcuma en polvo, oleoresina de cúrcuma.

HEATING INSTRUCTIONS

GAS BURNER

Take unpopped 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 the microwaveable bowl and heat it for 2 minutes. Stir and serve.

Nutrition Facts

2 servings per container
Serving Size 1/2 cup (140g)
Amount per serving
Calories 220

	% Daily Value*
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 600mg	25%
Total Carbohydrate 35g	12%
Dietary Fiber 3g	12%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mg	0%
Calcium 60mg	0%
Iron 2mg	10%
Potassium 73mg	2%

*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. FDA 2015

NUTRITION INFORMATION

Servings per package 2
Serving Size: 140 g

	Quantity per Serving	Quantity per 100 g
Energy	910.3 KJ / 217.7 Kcal	650.2 KJ / 155.5 Kcal
Protein	5.9 g	4.2 g
Fat, total	4.9 g	3.5 g
-saturated	0.6 g	0.4 g
Carbohydrate	37.5 g	26.8 g
sugars	0.0 g	0.0 g
Sodium	598.2 mg	427.3 mg

All specified values are averages

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

DO NOT USE THE INNER POUCH IF LEAKING OR BURSTED.

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

Manufactured by: **ADF FOODS LIMITED**
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Best Before