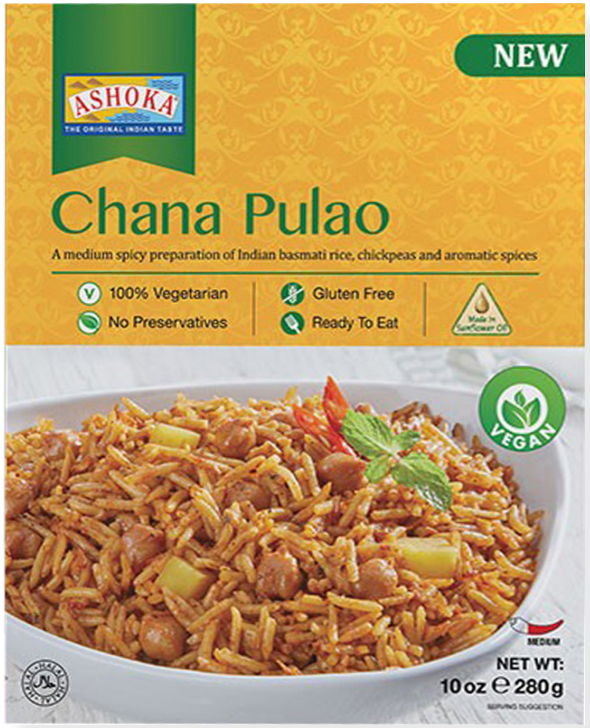
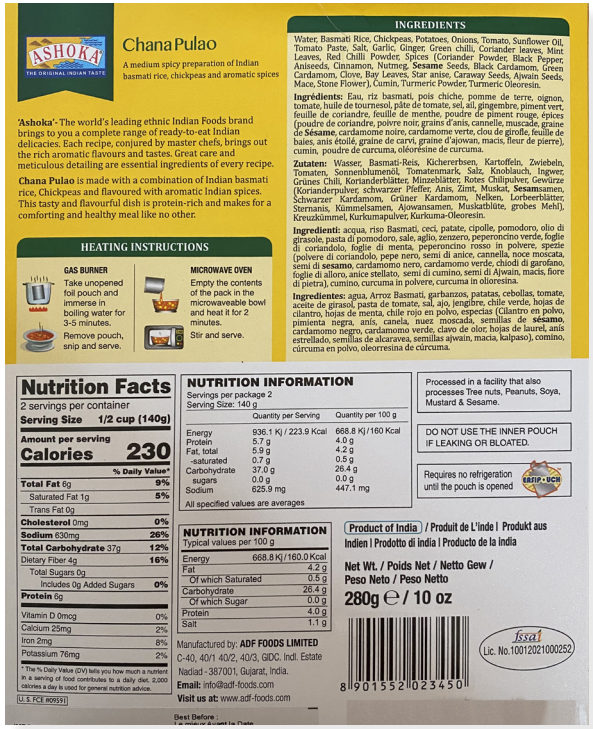
CHANA PULAO

280g





ASHOKA
THE ORIGINAL INDIAN TASTE

Chana Pulao

A medium spicy preparation of Indian basmati rice, chickpeas and aromatic 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.

Chana Pulao is made with a combination of Indian basmati rice, Chickpeas and flavoured with aromatic Indian spices. This tasty and flavourful dish is protein-rich and makes for a comforting and healthy meal like no other.

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

INGREDIENTS

Water, Basmati Rice, Chickpeas, Potatoes, Onions, Tomato, Sunflower Oil, Tomato Paste, Salt, Garlic, Ginger, Green chilli, Coriander leaves, Mint Leaves, Red Chilli Powder, 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), Cumin, Turmeric Powder, Turmeric Oleoresin.

Ingrédients: Eau, riz basmati, pois chiche, pomme de terre, oignon, tomate, huile de tournesol, pâte de tomate, sel, ail, gingembre, piment vert, feuille de coriandre, feuille de menthe, poudre de piment rouge, épices (poudre de coriandre, poivre noir, grains d'anis, cannelle, muscade, graine de **Sésame**, cardamome noire, cardamome verte, clou de girofle, feuille de baies, anis étoilé, graine de carvi, graine d'ajowan, macis, fleur de pierre), cumin, poudre de curcuma, oléorésine de curcuma.

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

Ingredienti: acqua, riso Basmati, ceci, patate, cipolle, pomodoro, olio di girasole, pasta di pomodoro, sale, aglio, zenzero, peperoncino verde, foglie di coriandolo, foglie di menta, peperoncino rosso in polvere, 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), cumino, curcuma in polvere, curcuma in olioresina.

Ingredientes: agua, Arroz Basmati, garbanzos, patatas, cebollas, tomate, aceite de girasol, pasta de tomate, sal, ajo, jengibre, chile verde, hojas de cilantro, hojas de menta, chile rojo en polvo, especias (Cilantro en polvo, pimienta negra, anís, canela, nuez moscada, semillas de **sésamo**, cardamomo negro, cardamomo verde, clavo de olor, hojas de laurel, anís estrellado, semillas de alcaravea, semillas ajwain, macia, kalpaso), comino, cúrcuma en polvo, oleorresina de cúrcuma.

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

Amount per serving	
Calories	**230**
	% Daily Value*
Total Fat 6g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 630mg	26%
Total Carbohydrate 37g	12%
Dietary Fiber 4g	16%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 25mg	2%
Iron 2mg	8%
Potassium 76mg	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. FCE #09591

NUTRITION INFORMATION
Servings per package 2
Serving Size: 140 g

	Quantity per Serving	Quantity per 100 g
Energy	936.1 Kj / 223.9 Kcal	668.8 Kj / 160 Kcal
Protein	5.7 g	4.0 g
Fat, total	5.9 g	4.2 g
-saturated	0.7 g	0.5 g
Carbohydrate	37.0 g	26.4 g
sugars	0.0 g	0.0 g
Sodium	625.9 mg	447.1 mg

All specified values are averages

NUTRITION INFORMATION
Typical values per 100 g

Energy	668.8 Kj / 160.0 Kcal
Fat	4.2 g
Of which Saturated	0.5 g
Carbohydrate	26.4 g
Of which Sugar	0.0 g
Protein	4.0 g
Salt	1.1 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

SRIP • UCS

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

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Best Before :