



Product Data Sheet

September 2013

Product Name: Punjabi Chhole, VEGAN FOOD

Description: Chickpeas with potatoes, onions and spices in a tangy, aromatic sauce. Serve with breads, rice, couscous or as a side dish.

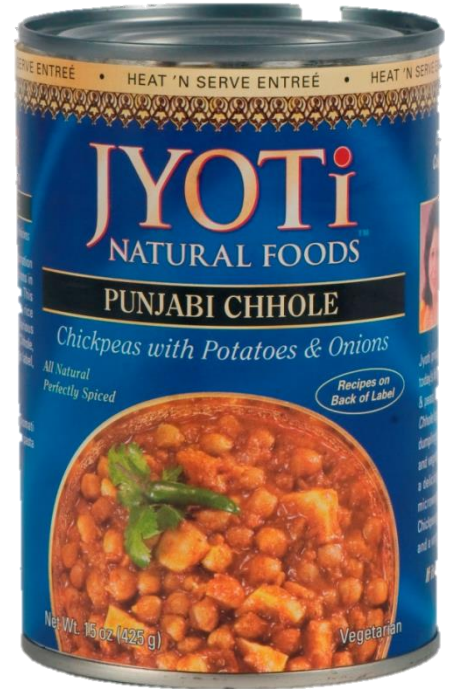
Recipes: Various recipes using Punjabi Chhole are printed on the back of the label and are on the web site.

Package: Steel cans, 15 oz net weight (284 g)

Shelf Life (from date of production): **3 years**

Ingredients: Chickpeas, water, fresh onions, non-GMO (soybean oil, corn Starch), potatoes, tomatoes, ginger, lemon juice, garlic, salt and spices.

Sodium Note: Jaipur Karhi is normally served with unsalted rice and breads which share it's salt content.



Jyoti Natural Foods
300 Elmwood Avenue
Sharon Hill, PA 19312

PRODUCT OF USA



Nutrition Facts	
Serving Size 1/2 cup (114g)	
Servings Per Container about 4	
Amount Per Serving	
Calories 150	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 490mg	20%
Total Carbohydrate 17g	6%
Dietary Fiber 4g	17%
Sugars 2g	
Protein 5g	9%
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 10%
Folate 30%	