



TAARKA DAAL

PRODUCT CODE: 71104HAVNZ
GTIN: 4 08 12039 00224 9

Nutrition Facts

Serving Size 3.52 oz (100 g)
 Servings per Container

Amount Per Serving

Calories 98.83 Calories from Fat 18.2

% Daily Value*

Total Fat 2.01 g

Saturated Fat .24 g

Trans Fat .01 g

Cholesterol 0 mg

Sodium 501.39 mg

Total Carbohydrate 14.83 g

Dietary Fiber 3.83 g

Sugars .89 g

Protein 5.82 g

Vitamin A 232.77 IU

Vitamin C 4.57 mg

Calcium 21.87 mg

Iron 1.58 mg

Potassium 34.13 mg

* % Daily Value is based on a 2,000 calorie diet.

TAARKA DAAL

Taarka Daal is a popular vegan dish of split yellow peas that are slowly simmered with red bell peppers, diced serrano peppers, shallots, cumin, and dried red chili.



Ingredients: Water, Yellow Peas, Red Bell Peppers, Diced Shallots, Soybean Oil, Salt, Jalapeno Peppers, Spice, Cilantro, Paprika And Turmeric (Color).

Cooking and Handling: Keep frozen (< 10° F). For safe food handling, place unopened pouch in hot water and heat to a minimum internal temperature of 165° F. Carefully cut corner and pour into holding vessel.

Shelf Life: Store frozen below 10° F. Frozen shelf life is one year. After thawing, store below 45° F for a maximum of five days. Once opened, use within 48 hours.

Features & Benefits

- Bright, aromatic flavors with perfect balance
- Perfect size for batch cooking

Case Configuration

Case Pack: 4 x 4 lb. pouches

Net Weight: 16 lb.

Gross Weight: 17 lb.

Case Cube: 0.382

Pallet Information

TI/HI: 13/9

Cases per pallet: 117

Dimensions

Length: 14.25"

Width: 9.75"

Height: 4.75"

Contact Info/Questions?

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