

Foxtail laddu with jaggery



Nutritional Information (Approximate Values) Per 100 g

Nutrient	Per 100g	Per Serving (30g)	%RDA*
Energy (kcal)	470	141	7.1
Protein (g)	7.5	2.3	4.5
Added Sugar (g)	23.0	6.9	13.8
Total Fat (g)	24.0	7.2	10.7
Saturated Fat (g)	13.0	3.9	17.7
Sodium (mg)	95	29	1.4
Calcium (mg)	32	10	1.0
Iron (mg)	2.7	0.8	4.8

%RDA values established as per FSSAI Labelling & Display Regulations, 2020. RDA values are based on an average adult diet of 2000 kcal.