

Bajra Flour | Pearl Millet Flour



Nutritional Information (Approximate Values) Per 100 g

Nutrient	Per 100g	%RDA*
Energy (kcal)	361	18.1
Protein (g)	11.6	23.2
Total Fat (g)	5.0	7.5
Saturated Fat (g)	1.0	4.5
Carbohydrate (g)	67.5	—
Dietary Fibre (g)	11.3	—
Sodium (mg)	10	0.5
Calcium (mg)	42	4.2
Iron (mg)	8.0	47.1

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