

Mint Chutney - Classic mint chutney traditionally served with tandoori delicacies

Serving Size

Serving size 50g

Pack Size

Pack size 400.0g

Number of servings 8

Nutrients

	per 100g	per 50 g serving
Energy	435.3kJ	217.7kJ
Energy	105.0kcal	52.5kcal
Fat	7.6g	3.8g
of which saturates	4.9g	2.5g
Carbohydrate	4.3g	2.1g
of which sugars	3.3g	1.6g
Added Sugar	0.0g	0.0g
Protein	5.0g	2.5g
Salt	0.57g	0.28g
Vitamin K	33.1µg	16.6µg

Graphics

per portion (50g)

SERVES	ENERGY	FAT	SATURATES	SUGAR	SALT
8	218kJ 52kcal 3%	3.8g MED 5%	2.5g MED 12%	1.6g LOW 2%	0.28g MED 5%

% of an adult's reference intake
Typical values per 100g: Energy 435kJ/105kcal

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Nutrition Facts	Amount / serving		Amount / serving		
		% DV		% DV	
8 servings per container Serving size 2oz (50g)	Total fat	4g 5%	Total Carbohydrate	2g 1%	
	Saturated Fat	2.5g 12%	Dietary Fiber	0g 1%	
	Trans Fat	0g	Total Sugars	2g	
	Cholesterol	5mg 2%	Incl. 0g Added Sugars	0%	
Calories per serving	50	Sodium	110mg 5%	Protein	2g
	Vitamin D 0% • Calcium 4% • Iron 4% • Potassium 2%				

Nutri-Score

Fruit, Veget., Nuts

Nutri-Score

≤40 %



>40 %



>60 %



>80 %



Ingredients and Allergens

Yogurt (**Milk**), Coriander Leaves, Mint, Lemon Juice, Ginger, Garlic, Green Chilli, Salt, Pepper.

Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

72.6%	36.3g	Yogurt, Greek style, plain
10.7%	5.34g	Coriander leaves, fresh
10.7%	5.34g	Mint, fresh
2.14%	1.07g	Lemon juice, fresh
1.07%	0.534g	Ginger, fresh
1.07%	0.534g	Garlic, raw
0.855%	0.427g	Peppers, capsicum, chilli, green, raw
0.427%	0.214g	Salt
0.427%	0.214g	Pepper, white

Notes

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