

SAMBAR

THE KING OF DAL
A HEARTY, WARMLY SPICED LENTIL & VEGETABLE STEW

BY

DOSA KITCHEN

SAMBAR IS A MIX OF LENTILS, VEGETABLES, TANGY TAMARIND, AND A HOST OF SAVORY SPICES. IT'S SOUTH INDIA'S FAMOUSLY FLAVORFUL COMFORT FOOD. SERVE WITH DOSAS, OVER RICE, OR AS A SOUP.



Ingredients: water, toor dal (lentil), green beans, onions, carrots, tomatoes, sunflower oil, garlic, tamarind, sea salt, ground coriander seeds, fenugreek seeds, cumin seeds, mustard seeds, curry leaves, ground cumin seeds, red chili powder, whole red chiles, turmeric, cinnamon



Nutrition Facts

3 servings per container

Serving size

1 cup (217g)

	Per serving		Per container	
	180		550	
	% Daily Value*		% Daily Value*	
Calories				
Total Fat	7g	9%	22g	28%
Saturated Fat	0.5g	3%	1.5g	8%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	720mg	31%	2170mg	94%
Total Carbohydrate	24g	9%	73g	27%
Dietary Fiber	7g	25%	20g	71%
Total Sugars	6g		19g	
Includes Added Sugars	0g	0%	0g	0%
Protein	6g		18g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	132mg	10%	396mg	30%
Iron	1mg	6%	3mg	15%
Potassium	352mg	8%	1058mg	25%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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FRESH FROZEN / SMALL BATCHES
GLUTEN-FREE / VEGAN
CASE QUANTITY: 6
UNIT SIZE: 24 OZ / 650 G
FROZEN SHELF LIFE: 12 MONTHS
EIN: 471223746

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MADE IN VERMONT IN SMALL BATCHES

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NET WT. 24 OZ / 650 G



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