

Nutrition Facts for Crystal

Nutritional Information* Approximate Composition (when packed)

	Quantity per 20 g	Quantity per 100 g
Energy (Kcal)	180	900
Protein (g)	0	0
Carbohydrate (g)	0	0
Total Fat (g)	20	100
Saturates (g)	2	9
Mono Unsaturates (g)	5	25
Poly Unsaturates (g)	13	66
Trans Fatty Acids (g)	0	0
Cholesterol (g)	0	0
Vitamin E (I.U.)	10	50

* Fat composition based on Nutritive Values of Indian Foods, National Institute of Nutrition, ICMR (2004), after 'rounding off' the values.

Disclaimer

Product formulations and packaging may change. For the relevant information regarding a particular product, please refer to the details on product package.