

Nutrition Facts for Sundrop - Lite

Nutritional composition*: Approx. Composition (when Packed)

	Qty per 25(g)	Qty per 100(g)
Energy(Kcal)	225	900
Protein(g)	0	0
Carbohydrate(g)	0	0
Fat (g)	25	100
- Saturated Fatty Acid (g)	2.5	10
- Monounsaturated Fatty Acids (g)	6.5	26
- Polyunsaturated Fatty Acids (g)	16	64
• Omega-6 [n-6]Fatty Acids (g)	15.7	63
• Omega-3 [n-3]Fatty Acids (g)	0.3	1
-Trans Fatty Acids (g)	0	0
Total Essential Fatty Acids (g)	13	53
Cholesterol (mg)	0	0
Vitamin E (mg/I.U.)	12/12	50/50

* Fat composition based on Nutritive Value of Indian Foods, National Institute of Nutrition, ICMR (2007) and Nutrient Requirements & Recommended Dietary Allowances (RDA) for Indians, ICMR (2008).

**I.U. stands for International Units

Based on a fat consumption of 25g/day and Vitamin E requirement based on Total Essential Fatty Acid Requirement as per Nutrient Requirements & Recommended Dietary Allowances (RDA) for Indians-2010, National Institute of Nutrition, ICMR (2010). Subject to vitamin loss due to cooking process which would vary depending on the food item and the heat to which the oil is subjected to.

Disclaimer

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