



99%
FAT
FREE



Amruth



SOYA CHUNKS

COOKING INSTRUCTIONS



1

Boil Soya Chunks in water for 5-7 minutes.



2

Drain and squeeze out excess water.



3

Add to your favorite curry, pulao or stir fry.



4

Cook for 5 minutes. Soya Chunks are ready to serve.

NUTRITIONAL INFORMATION

(Approx. Values)

Per 100g

Energy	345 kcal
Protein	52 g
Carbohydrate	30 g
of which Sugars	4 g
Fat	6.5 g
Dietary Fiber	10 g
Sodium	18 mg

*This is only a brand name or trademark and does not represent its true nature.

INGREDIENTS:

Defatted Soya Flour

ALLERGEN ADVICE:

Contains Soya.

STORAGE INSTRUCTIONS:

Store in a cool, dry & hygienic place. Keep away from moisture and direct sunlight. Once opened, transfer to an airtight container.

Marketed by:

AMRUTH FOOD PRODUCTS

123, Green Park, New Delhi - 110016 (India)

Customer Care: +91 98765-43210

Email: care@amruthfoods.com



Lic. No. 1000011000100







SOYA CHUNKS

Amruth Soya Chunks are made from 100% defatted soyabean and are a rich source of protein. Use them for meat substitute for a healthy and delicious meal.



100%
SOYABEAN



NO
PRESERVATIVES



HIGH PROTEIN





84%
FAT
FREE



NUTRITIOUS & DELICIOUS

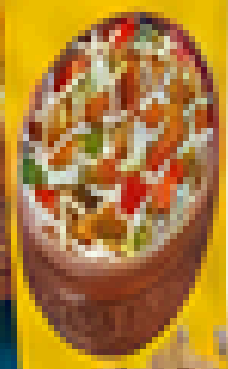
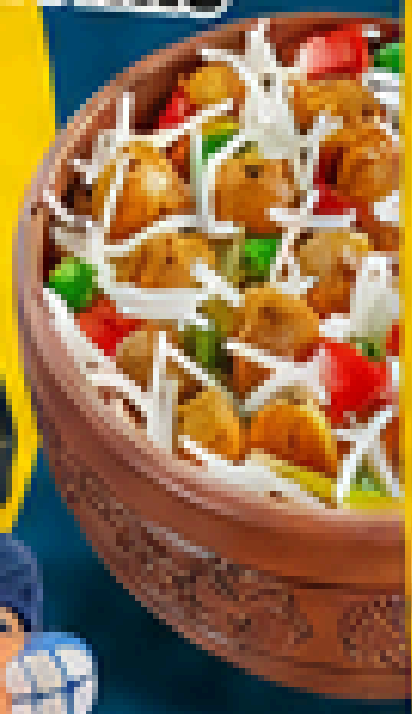
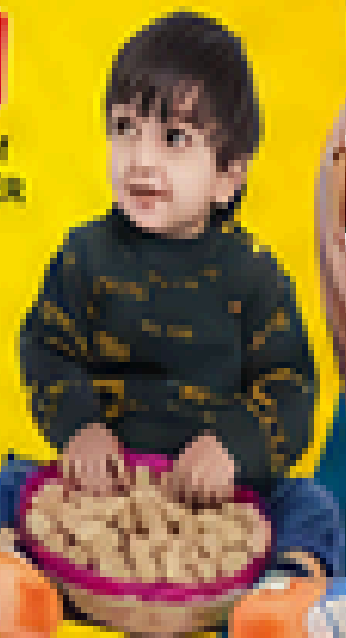


SOYA CHUNKS

SOYA CHUNKS



Source of
IRON & FIBER



Weight: 100g

Specification	Value
Product Type	Soya Chunks
Product Name	100 GM Soya Chunks
Form	Chunks / Solid
Flavor	Original
Taste	Tasteless
Fat Contains (%)	0.50%
Vitamin	Vitamin B Complex
Protein	52%
Iodine	0 mg
Age Group	Children
Weight	100 g
Shelf Life	12 Months
Packaging	Bag
Pack Size	100 g
Flavor Base	Other (Soya)