

Where the health and taste meet together



Amruth



200g.
Net weight

NUTRITIOUS & DELICIOUS

**RICH IN
PROTEIN**

सोया बड़ी
**SOYA
CHUNKS**





सोया बड़ी SOYA CHUNKS

Amruth Soya Chunks are made from high quality defatted soy flour. They are an excellent source of protein and vegetarian meat substitute.

COOKING INSTRUCTIONS



1. Boil Soya Chunks in water for 5-7 mins.



2. Rinse well & squeeze out excess water.



3. Add to your favourite curry, pulao or stir-fry.

Enjoy a tasty & healthy meal!

NUTRITIONAL INFORMATION

(Approx. per 100g)

Energy	345 kcal
Protein	52 g
Carbohydrate	33 g
Total Fat	0.5 g
Dietary Fibre	3.5 g
Calcium	240 mg
Iron	10 mg

Net Weight : 200g

Batch No. :

Mfg. Date :

M.R.P. :

(incl. of all taxes)

BEST BEFORE 12 MONTHS FROM THE DATE OF MANUFACTURE

Manufactured & Packed by:

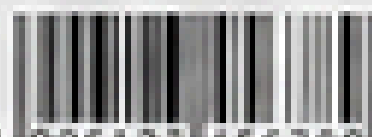
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www.amruthfoods.com



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Amrudh

सोया बड़ी
**SOYA
CHUNKS**

BENEFITS



High in Protein



100%
Vegetarian



Easy to Digest



Low in Fat

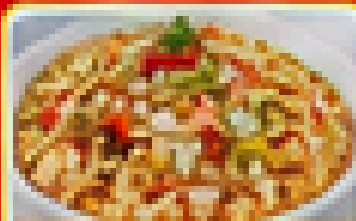
STORE IN A COOL,
DRY PLACE

KEEP AWAY FROM
DIRECT SUNLIGHT



सोया बड़ी
**SOYA
CHUNKS**

TRY OUR
DELICIOUS RECIPES



Soya Pulao



Soya Curry



Soya Stir Fry

Follow us on:



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**SOYA
CHUNKS**



सोया बड़ी
**SOYA
CHUNKS**

BENEFITS



High Protein



100%
Vegetarian



Easy to Digest



Low Cholesterol

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Specification	Value
Product Type	Soya Chunks
Product Name	200 GM Soya Chunks Box
Form	Chunks
Flavor	Original
Taste	Tasteless
Fat Contains (%)	0.50%
Vitamin	Vitamin B Complex
Protein	52%
Iodine	0 mg
Age Group	Old-Aged
Weight	200 g
Shelf Life	12 Months
Packaging	Box
Pack Size	200 g
Flavor Base	Other (Soya)