

# **EVERYDAY NUT BUTTER**

#### **ALL NATURAL PEANUT BUTTER** (CREAMY/CRUNCHY/ **EXTRA** CRUNCHY)

#### **Ingredients**

Peanuts (100%)

#### **Nutritional Facts (in 100g)**

Protein 30g Fiber 9g Saturated Fat 7g Added Sugar 0g

**Features** 

**Shelf Life** Weight - MRP 9 months 350g - ₹175

1kg - ₹449 2.5kg - ₹1075

Vegan | Keto Friendly | Gluten Free | Soy Free Rich in Protein & Dietary Fiber, Aids Weight Management, No Palm Oil or Hydrogenated Oil, Zero Preservatives, Zero Trans fat, Zero Added Sugar/Salt



#### DARK CHOCOLATE

**PEANUT BUTTER** (CREAMY/CRUNCHY)

#### **Ingredients**

Peanuts (68%), Dark Chocolate (30%) {Sugar, Cocoa Solids, Cocoa butter, Emulsifier (INS 322)}, Stabilizer (INS471)

#### **Nutritional Facts (in 100g)**

Protein 18.6g Shelf Life Weight - MRP Fiber 5.2g 12 months 350g - ₹199 Saturated Fat 11g 1kg - ₹499 Added Sugar 15g 2.5kg - ₹1149

#### **Features**

Made with Dark chocolate, Rich in Protein, Source of Fiber, Rich in Good Fats, Zero Trans fat and Naturally Gluten Free

### **ALL NATURAL HONEY PEANUT BUTTER** (CREAMY)

#### **Ingredients**

Peanuts (90%) & Natural Honey (10%)

#### **Nutritional Facts (in 100g)**

Protein 27g Fiber 7.2g Saturated Fat 6.3g Added Sugar

# **Pintola**® PEANUT BUTTER

#### **Features**

Shelf Life Weight - MRP Goodness of Natural Honey, 9 months 350g - ₹199 Rich in Protein & Dietary Fiber, 1kg - ₹499

Zero Trans fat, Naturally Gluten Free No Palm Oil or Hydrogenated Oil, Zero Preservatives

### **ALL NATURAL ORGANIC PEANUT BUTTER** (CREAMY/CRUNCHY)

#### **Ingredients**

Organic Peanuts (100%)

#### **Nutritional Facts (in 100g)**

Protein 30g Fiber 9g Saturated Fat 7g Added Sugar

#### **Features**

Vegan | Keto Friendly | Gluten Free 100% Certified Organic Peanuts, Rich in Protein & Dietary Fiber. No Palm Oil, Zero Preservatives. Zero Trans fat, Zero added Sugar/Salt

#### **Shelf Life**

9 months

#### Weight - MRP

350g - ₹199 1kg - ₹525 2.5kg - ₹1249





**Certified Organic** 



CHOCOLATE

Pintola

PEANUT

BUTTER

DARK CHOCOLATE | CREAMY



# CLASSIC PEANUT BUTTER (CREAMY/CRUNCHY)

#### **Ingredients**

Peanuts (91%), Sugar, Stabilizer (INS471) & Iodised Salt.

#### **Nutritional Facts (in 100g)**

Protein 26g Fiber 7.2g Saturated Fat 9g Added Sugar 6g

#### **Features**

Keto Friendly | Gluten Free | Rich in Protein & Dietary Fiber, Aids Weight Management, Rich in Good fats. Zero Trans fat



#### **Shelf Life**

18 months 350g - ₹160 1kg - ₹399

2.5kg - ₹899

Weight - MRP

#### HAZELNUT Cocoa Spread

#### **Ingredients**

Hazelnut(17%), Cocoa Powder and Additives, Sugar, Groundnut oil, Milk Solids, Emulsifying Agent Lecithin Ins 322, Salt, Contains Added Vanilla Flavours

#### Nutritional Facts (in 100g)

Protein 14g Fiber 2g Saturated Fat 5g Added Sugar 47g

#### **Features**

Goodness of Hazelnut Utterly Smooth texture Irresistibly delicious No Colorings, No Palm Oils Used



#### Shelf Life Weight - MRP

12 months 200g - ₹245 350g - ₹349

1kg - ₹899

# PREMIUM NUT BUTTER RANGE

# ALL NATURAL ALMOND BUTTER (CREAMY/CRUNCHY)

#### **Ingredients**

Almond (100%)

#### Nutritional Facts (in 100g)

Protein 24g Fiber 12g Saturated Fat 4g Added Sugar 0g

#### **Features**

Vegan | Gluten Free | Rich in Antioxidant Rich in Protein & Dietary Fiber, Zero Preservatives, Zero Trans fat, Zero Added Salt/Sugar



#### Shelf Life Weight - MRP

9 months 200g - ₹425 350g - ₹699 1kg - ₹1799

## DARK CHOCOLATE

**ALMOND BUTTER** (CREAMY/CRUNCHY)

#### Ingredients

Almonds (50%), Dark Chocolate (50%) {Sugar, Cocoa Solids, Cocoa butter, Emulsifier (INS 322)} & Stabilizer (INS471)

#### Nutritional Facts (in 100g)

Protein 14g Fiber 9g Saturated Fat 11g Added Sugar 23g

#### **Features**

Rich in Antioxidant | Gluten Free, Rich in Protein & Dietary Fiber, Made with Dark chocolate, Zero Trans fat, Nutrient Dense (K, P, Mg, Na)



#### Shelf Life Weight - MRP

9 months 200g - ₹299

350g - ₹480

### **ALL NATURAL** TRIYOGAM BUTTER (CREAMY)

#### **Ingredients**

Almonds (45%), Walnuts (31%), Cashews (21%) & Natural Honey (3%)

#### Nutritional Facts (in 100g)

Protein 24g Fiber 12g Saturated Fat 4g Added Sugar

#### **Features**

Excellent Source of Omega-3 Fatty Acids, Boost Brain Functionality, Gluten Free, Zero Trans Fats, Zero Added salt, Perfect combination of three nuts. Great source of Good Fats & Dietary Fiber



#### **Shelf Life**

9 months 200g - ₹449 350g - ₹725

#### Weight - MRP

## **ALL NATURAL CASHEW BUTTER** (CREAMY)

#### **Ingredients**

Cashews (100%)

#### **Nutritional Facts (in 100g)**

Protein 19g Fiber 4g Saturated Fat 8g Added Sugar 0g

#### **Features**

Only Cashews, That's All! Vegan | Gluten Free | Rich in Protein

Source of Fiber, Rich in Unsaturated Fats. No Palm Oil, Zero Trans fat, Zero Added Sugar/Salt

Pintola CASHEW ALL NATURAL | UNSWEETENED

#### Weight - MRP 200g - ₹525 350g - ₹825

1kg - ₹2099

Shelf Life

9 months

# HIGH PROTEIN PEANUT BUTTER RANGE



## **HIGH PROTEIN**

#### **ALL NATURAL PEANUT BUTTER** (CREAMY | CRUNCHY)

#### **Ingredients**

Peanuts (85%), Whey Protein Concentrate (15%)

#### **Nutritional Facts (in 100g)**

Protein 37g Fiber 8g Saturated Fat 6g Added Sugar

#### **Features**

High in Protein & Dietary Fiber, Goodness of Fresh Peanuts, No Preservatives, Gluten Free, No Trans Fat, No Added Sugar/salt, High in Unsaturated Fats, Aids Muscles Gain

#### **EUROPEAN ORIGIN** WHEY-PROTEIN





**Shelf Life** 

12 months

Weight - MRP

510g - ₹425

1kg - ₹799





## **HIGH PROTEIN**

#### **DARK CHOCOLATE PEANUT BUTTER**

(CREAMY | CRUNCHY)

#### **Ingredients**

Peanuts (60%), Dark Chocolate (30%) (Sugar, Cocoa Solids, Cocoa butter, Emulsifier (INS 322)), Whey Protein Concentrate (10%)

#### **Shelf Life**

12 months

#### Nutritional Facts (in 100g)

Protein 30g
Fiber 6.2g
Saturated Fat 7g
Trans Fat 0g

#### Weight - MRP

510g - ₹399 1kg - ₹749

#### **Features**

High in Protein & Dietary Fiber, Aids Muscle gain, Helps in Weight Management, High in Unsaturated Fats, No added Salt, No Trans Fat, Builds Strength & Immunity

# EUROPEAN ORIGIN WHEY-PROTEIN





# JNITED STATES | FDA APPROVED |

## **HIGH PROTEIN**

#### **ORGANIC JAGGERY PEANUT BUTTER**

**Shelf Life** 

Weight - MRP

(CREAMY | CRUNCHY)

#### **Ingredients**

Peanuts (78%), Organic Jaggery (12%), 12 months Whey Protein Concentrate (10%)

#### **Nutritional Facts (in 100g)**

0g

 Protein
 33g
 510g - ₹375

 Fiber
 7g
 1kg - ₹699

 Saturated Fat
 5g

# Trans Fat **Features**

100% Organic Jaggery, High in Protein & Dietary Fiber, Zero Preservatives, High in Unsaturated Fats, No added Salt, No Trans Fat, High Protein Diet, Aids Muscles Gain, No Preservatives, Gluten Free

# EUROPEAN ORIGIN WHEY-PROTEIN









# PERFORMANCE PEANUT BUTTER RANGE



## **PERFORMANCE**

### **COCONUT JAGGERY PEANUT BUTTER**

(CREAMY | CRUNCHY)

**Nutritional Facts (in 100g)** 

#### **Ingredients**

Peanuts (63.9%), Coconut (14%), Organic Jaggery (14%), Pea Protein (8%) & Antioxidant

#### **Shelf Life**

12 months

Protein 28g Fiber 7g Saturated Fat 12g Trans Fat 0g

#### Weight - MRP

510g - ₹349 1kg - ₹649

#### **Features**

High in Protein & Dietary Fiber, Goodness of Plant Protein, No added Palm oil & Hydrogenated Oils, Naturally Gluten free No Trans Fat, Dairy Free







# UNITED STATES EDA APPROVED

## PERFORMANCE

**AMERICAN RECIPE PEANUT BUTTER** 

(CREAMY | CRUNCHY)

#### **Ingredients**

Peanuts (79%), Raw Brown Sugar (11%), 18 Months Pea Protein (8%), Stabilizer (INS471) & Himalayan Pink Salt

#### **Nutritional Facts (in 100g)**

Protein 32g 510g - ₹325 Fiber 7g 1kg - ₹599

Saturated Fat 7g Trans Fat 0g

#### Features

High in Protein & Dietary Fiber, Goodness of Plant Protein, Non GMO Premium Peanuts, High in unsaturated Fats, Naturally Gluten free, No Trans Fat, Dairy Free







**Shelf Life** 

Weight - MRP







PERFORMANCE

PEANUT

BUTTER

**DARK CHOCOLATE** 

VEGAN

**Pintola** 

CREAMY

26%

# **PERFORMANCE**

#### DARK CHOCOLATE PEANUT BUTTER

(CREAMY | CRUNCHY)

#### Ingredients

Peanuts (64%), Dark Chocolate (28%) {Raw Brown Sugar, Cocoa Solids, Cocoa Butter, Emulsifier (INS 322)}, Pea Protein (7%), Stabilizer (INS471)

#### Nutritional Facts (in 100g)

Protein 26g Fiber 5g Saturated Fat 13g Added Sugar 12g

#### Features

High in Protein & Dietary Fiber, Goodness of Plant Protein, Non GMO Premium Peanuts, Naturally Gluten free, Made with Dark chocolate, No Trans Fat, No Added Salt







Shelf Life

12 months

Weight - MRP

510g - ₹349

1kg - ₹649

# JNITED STATES ::

# RICE CAKES RANGE

# Pintola WHOLEGRAIN BROWN RICE CAKES

Multigrain | Salted

## **MULTIGRAIN SALTED**

#### **ORGANIC BROWN RICE CAKES**

#### Ingredients

Organic wholegrain Brown Rice, Maize, Sorghum, Millet, Amaranth, Chia Seeds, Quinoa, Oats, Buckwheat & Salt

#### **Nutritional Facts (in 100g)**

Protein 9g Fiber 8g Saturated Fat 0.6g Added Sugar 0g

#### **Features**

Vegan | Soy & Yeast Free Perfectly Baked & Crispy | No Added Sugar, Diet Friendly | Ultra Low Fat | No Trans fats

#### **Shelf Life**

6 months





**Weight - MRP** 125g - ₹160







#### UNSALTED

#### ORGANIC BROWN RICE CAKES (ALL NATURAL)

#### Ingredients

Organic Wholegrain Brown Rice

#### **Features**

Perfectly Baked & Crispy, Gluten Free, Yeast Free, Soy Free, Diet Friendly & Ultra Low Fat, No Trans fats/ Cholesterol.

#### Nutritional Facts (in 100g)

Protein 7.9g Fiber 7.1g Saturated Fat 0.5g Added Sugar

#### **Shelf Life**

6 months

Weight - MRP 125g - ₹160









Pintola WHOLEGRAIN **BROWN** 

RICE

CAKES

LIGHTLY SALTED

#### **LIGHTLY SALTED**

#### ORGANIC BROWN RICE CAKES (ALL NATURAL)

#### Ingredients

Organic Wholegrain Brown Rice, Desert Salt (<1%)

#### **Nutritional Facts (in 100g)**

Protein 7.9g Fiber 7.1g Saturated Fat 0.5g Added Sugar

#### **Features**

Perfectly Baked & Crispy, Gluten Free, Yeast Free, Soy Free, Diet Friendly & Ultra Low Fat, No Trans fats/ Cholesterol.

#### **Shelf Life**

Weight - MRP 125g - ₹160

6 months











#### **MULTIGRAIN**

#### **ORGANIC BROWN RICE CAKES (ALL NATURAL)**

#### **Ingredients**

Organic Whole Grain Brown Rice, Corn, Buckwheat, Sorghum, Millet, Ouinoa, Chia Seeds, Amaranth, Oats

#### Nutritional Facts (in 100g)

Protein 9.07g Fiber 8.2g Saturated Fat 0.63g Added Sugar 0.25g

#### **Features**

Perfectly Baked & Crispy, Gluten Free, Yeast Free, Soy Free, Diet Friendly & Ultra Low Fat, No Trans fats/ Cholesterol.

#### **Shelf Life**

6 months





Weight - MRP 125g - ₹160





# **CHIKKI RANGE**



# PEANUT CHIKKI

#### Ingredients

Peanuts (55%), Jaggery (35%), Sugar and Liquid Glucose

Ŧ	Nutrition Facts (Per Pack)				
1_+	Protein	4g			
	Fiber	1.2g			
	Saturated Fat	0.9g			
	Sugar	12.6g			

Per Jar MRP

22 + 2 Free Pcs ₹ 220

13 Pcs ₹ 130

#### Features

Power of Pure Jaggery | Gluten Free | No Preservatives |
 Rich in Protein | Manages Cholesterol Level |
 Instant Energy Booster | No Artificial Ingredients

# DRY FRUITS CHIKKI

#### Ingredients

Nuts (55%) ( Almond, Cashew & Pistachios) and Jaggery (45%)

- I	Nutrition Facts (Per Pack)		Ŧ	Shelf life	Ŧ	Weight	-	MRP
۱_+	Protein	3.1g	!_+	6 Month	٠_+	25gm	-	₹40
-	Fiber	1.1g						
	Saturated Fat	0.7g	Ŧ	Per Jar		MRP		
(	Sugar (From Natural Jaggery)	12.2g	l_,	12 + 1 Free Pcs		₹ 480		

#### Features

No White Sugar | Made with Pure Jaggery | No Preservatives | Gluten Free |
Perfect Combination of Three Nuts {Almond, Cashew & Pistachio} |
Good Source of Protein and Fibre | Easy to Digest | High in Antioxidants |
Boosts Brain Functionality | Rich in Vitamins {Mg, K, C, B}





# SESAME CHIKKI

#### Ingredients

Sesame Seeds (55%) and Jaggery (45%)

<ul><li>Nutrition Facts (Per Pack)</li></ul>		Shelf life	<ul><li>Weight - MRP</li></ul>		
¹→ Protein	2.8g	¹→ 6 Month	→ 28gm - ₹15		
Fiber	2.8g				
Saturated Fat	1g	<ul><li>Per Jar</li></ul>	MRP		
Sugar (From Natural Jaggery)	13g				
(From Natural Jaggery)	0	¹→ 22 + 2 Free Pcs	₹ 330		
		13 Pcs	₹195		

#### Features

No White Sugar | Made with Pure Jaggery | No Preservatives | Gluten Free |
 Good Source of Fibre | Healthy and Tasty | Source of Plant Protein |
 Goods Source of Vitamin B | Rich in Antioxidants

# ALMOND CHIKKI

- Ingredients
- Almond (45%) and Jaggery (55%)
- Nutrition Facts (Per Pack)

Protein 3.5g
Fiber 1.7g
Saturated Fat 0.5g
Sugar
(From Natural Jaggery)
12g

■ Shelf life ■ Weight - MRP

!-- 6 Month !-- 25gm - ₹ 40

Per Jar MRP
 12 + 1 Free Pcs ₹ 480

- Features
- No White Sugar | Made with Pure Jaggery | No Preservatives | Gluten Free | Rich in Protein | Manages Cholesterol Level | Delicious Traditional Snack | Nutrient Dense (K, P, Mg, Na) | No Artificial Ingredients



# **PINTOLA MUESLI**



#### MUESLI FRUIT & NUT

#### **Ingredients**

Millets (28%) [Jowar Flakes (10%), Ragi Flakes (9%), Bajra Flakes (9%)], Jumbo Rolled Oats (18%), Dried Fruits (14%) [Black Raisins, Cranberries, Apricots, Brown Raisins, Blueberries], Corn Flakes (13%), Nuts and Seeds (12%) [Pumpkin seeds, Watermelon Seeds, Almonds], Brown Rice Flakes (9%) & Dates (6%)

#### Nutritional Facts (in 100g)

Energy(kcal) 166
Protein(g) 4.4g
Cholesterol 0g
Carbohydrate(g) 31.6g

#### **Features**

- 28% Millet
- Gluten Free
- No Refined Sugar
- 100% Natural Ingredients

#### **Shelf Life**

9 months

#### Weight - MRP

400g -₹335 800g -₹598

#### MUESLI CHOCO BERRY CRUNCH

#### Ingredients

Millets (25%) [Jowar Flakes (9%), Bajra Flakes (8%), Ragi Flakes (8%)], Jumbo Rolled Oats (17%), Belgian Dark Chocolate (11%) [Cocoa, Cocoa Butter, Sugar, Soy Lecithin], Dried Fruits (10%) [Cranberries (5%), Black Raisins (5%)], Corn Flakes (10%), Almonds (5%), Seeds (4%) [Pumpkin Seeds, Watermelon Seeds], Brown Rice Flakes (8%), Jaggery, Dates (3%), Skimmed Milk Powder, Cocoa Powder.

#### **Nutritional Facts (in 100g)**

Energy(kcal) 174
Protein(g) 4.9g
Cholesterol 0g
Carbohydrate(g) 27.2g

#### **Features**

- 25% Millet
- Gluten Free
- Almonds & Cranberries
- Dark Chocolate

#### **Shelf Life**

9 months

#### Weight - MRP

400g - ₹325 800g - ₹585





#### MUESII WHOLE GRAIN & SEEDS

#### **Ingredients**

Millets (33%) [Ragi Flakes (12%), Jowar Flakes (12%), Bajra Flakes (9%)], Jumbo Rolled Oats (20%), Nuts and Seeds (20%) [Pumpkin Seeds, Watermelon Seeds, Flax Seeds, Chia Seeds, Almonds], Corn Flakes (12%), Brown Rice Flakes (9%) & Dates (6%)

#### **Nutritional Facts (in 100g)**

Energy(kcal)	160
Protein(g)	4.6g
Cholesterol	0g
Carbohydrate(g)	30g

#### **Features**

- 33% Millet
- Gluten Free
- No Added Sugar
- 100% Natural Ingredients

#### **Shelf Life**

9 months

#### Weight - MRP

400g -₹325 800g -₹585

# **PINTOLA OATS**

#### Ingredients

100% Jumbo Rolled Oats

#### **Nutritional Facts (in 100g)**

Energy(kcal) 152.8
Protein(g) 5.56g
Cholesterol 0g
Carbohydrate(g) 28.8g

#### **Features**

- 100% Natural
- 100% Whole Grain
- Naturally Gluten Free

#### **Shelf Life**

9 months

#### Weight

400g - ₹199 1kg - ₹425



# **WOOD PRESSED OIL**

#### **ORGANIC GROUNDNUT**

#### WOOD PRESSED OIL

#### **Ingredients**

Edible Organic Groundnut (Peanut) Oil (100%)

#### **Nutritional Facts (in 100g)**

Energy 896g Total Fat 99g Saturated Fat 19g Vitamin E (mg) 11.6g

#### **Shelf Life**

Weight - MRP 1 Ltr - ₹675

12 months 1 Ltr - ₹675 9 Bottle per Box



Pintola<sup>®</sup>

EXTRA VIRGIN

OIL

WOOD

PRESSED

COCONUT

# **GROUNDNUT**

#### WOOD PRESSED OIL

#### **Ingredients**

Edible Groundnut (Peanut) Oil (100%)

#### **Nutritional Facts (in 100g)**

Energy 896g Total Fat 99g Saturated Fat 19g Vitamin E (mg) 11.6g

Shelf Life Weight - MRP
12 months 1 Ltr - ₹575

9 Bottle per Box



### **EXTRA VIRGIN COCONUT**

# WOOD PRESSED OIL

#### **Ingredients**

Edible Coconut Oil (100%)

#### **Nutritional Facts (in 100g)**

Energy 898g Total Fat 99g Saturated Fat 91g Vitamin E (mg) 13.8g

#### Shelf Life Weight - MRP

12 months 1 Ltr - ₹698

9 Bottle per Box



#### Ingredients

Edible Coconut Oil (100%)

**PRESSED OIL** 

#### Nutritional Facts (in 100g)

Energy 898g Total Fat 99g Saturated Fat 91g Vitamin E (mg) 13.8g

Shelf LifeWeight - MRP12 months500 ml - ₹375

15 Bottle per Box



# RECIPE



#### PEANUT BUTTER BANANA SMOOTHIE:

Place bananas, milk, peanut butter, honey, and ice cubes in a blender and blend for about 30 seconds. your tasty smoothie is ready!



#### **GOT A TIGHT SCHEDULE?**

Spread Peanut Butter on fruits. Apples and Bananas taste great with Pintola peanut butter.

You can even dip the fruit slices right into the jar.

TIP: Apples taste incredibly delicious with Pintola Peanut Butter.



# Pintola®



# Manufactured & Marketed by: DAS FOODTECH PVT. LTD.

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