



Megha Analytical & Research Laboratory

(Leaf, Petiole, Foods, Feeds & Microbiological testing services)

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CERTIFICATE OF ANALYSIS

Report No. MARL/PF/2021-22/06-04	Date Of Issue : 03/06/2021	
Name Of Customer/Supplier: M/s. Organic Wisdom	SAMPLE REFERENCE	
Address Of Customer : 3H 61, Kalpataru Aura, Ghatkopar West, Mumbai-400086	Sample Name	Jowar Idli Mix
	Brand Name/Trade Name	Organic Wisdom
	FSSAI Reg. no. ref.	10021022001105
Contact : Ruchika Goyal, Mob : 9819227042 Email : ruchika.goel@gmail.com		
Sample Received On : 21/06/2021	Job : USFDA Formats for Nutritional Facts Charts	

Jowar Idli Mix		
Nutrition facts		
Servings per container		
Serving size	2/3 cup (55g)	
Amount per serving :		
Calories	211	
		% Daily Value*
Total Fat	0.98g	1.26%
Saturated Fat	0.45g	2.23%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	6.79mg	0.30%
Total Carbohydrates	43.30g	15.7%
Dietary Fiber	.89g	3.18%
Total Sugars (Natural)	0.78g	
Includes 0g Added Sugars	0g	0%
Protein	7.27g	14.53%
Vitamin D 0 mcg	0mcg	0%
Calcium	14.42mg	1.11%
Iron	3.10mg	17.23%
Potassium	178.75mg	3.80%
*The % daily value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for for general nutrition advice.		