



Megha Analytical & Research Laboratory

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

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CERTIFICATE OF ANALYSIS

Report No. MARL/PF/2021-22/06-01	Date Of Issue : 03/06/2021	
Name Of Customer/Supplier: M/s. Organic Wisdom	SAMPLE REFERANCE	
Address Of Customer : 3H 61, Kalpataru Aura, Ghatkopar West, Mumbai-400086	Sample Name	Ragi 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	

Ragi Idli Mix

Nutrition facts

Servings per container

Serving size

2/3 cup (55g)

Amount per serving :

Calories

194

		% Daily Value*
Total Fat	0.40g	0.52%
Saturated Fat	0.17g	0.88%
Trans Fat	0g	
Cholestrol	0mg	0%
Sodium	5.61mg	0.24%
Total Carbohydrates	43.22g	15.72%
Dietary Fiber	3.08g	11%
Total Sugars (Natural)	0.33g	
Includes 0g Added Sugars	0g	0%
Protein	4.28g	8.55%
Vitamin D 0 mcg	0mcg	0%
Calcium	63.50mg	4.89%
Iron	1.16mg	6.45%
Potassium	172.43mg	3.67%

*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.