

MUSHROOM

THE PRODUCT IS PROCESSED IN 100% VEGETARIAN FOOD FACILITY.



BUTTON MUSHROOM



NO CHEMAICALS | NO PRESERVATIVES NO ARTIFICIAL FLAVORS

Since 1997 Himalaya foods are made with all natural and wholesome ingredients, without the use of any preservatives or chemicals. Our master chefs have crafted a wide range of delicious vegetarian and vegan products - through constant innovation of healthier cooking practices at our modern facilities.

NUTRITIONAL FACTS*

400g per package, Per Serve - 100g Total No. of Serve - 4

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	Value Per 100 g	Per serve % contribution to RDA
Energy	25.85 kcal	1.2%
Total Fat	1.13 g	1.6%
Trans Fat	0 g	
Saturated Fat	0.56 g	2.5%
Cholesterol	0 mg	
Sodium		17%
Carbohydrate	1.03 g	
Total Sugar	0 g	
Added Sugars	0 g	0%
Protein	2.89 g	
Saturated Fat Cholesterol Sodium Carbohydrate Total Sugar Added Sugars	0.56 g 0 mg 338.71 mg 1.03 g 0 g 0 g	17%

INGREDIENTS: MUSHROOM, WATER, IODIZED SALT & ACIDITY REGULATOR (INS-330).







SLICE MUSHROOMS



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Energy	25.85 kcal	1.2%
Total Fat	1.13 g	1.6%
Trans Fat	0 g	
Saturated Fat	0.56 g	2.5%
Cholesterol	0 mg	
Sodium	338.71 mg	17%
Carbohydrate	1.03 g	
Total Sugar	0 g	
Added Sugars		0%
Protein	2.89 g	

INGREDIENTS: MUSHROOM SLICED, WATER, IODIZED SALT AND ACIDITY REGULATOR (INS - 330).







POTATO PRODUCTS

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FRENCH FRIES



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Nutrition Facts

Serving Size: 100g

Amount Per Serving	
Calories 258 kcal Calories from Fat	125 kcal
% Daily	Value*
Total Fat 15g	23%
Saturated Fat 8g	44%
Trans Fat 0g	0%
Cholesterol 22mg	9%
Sodium 341mg	14%
Total Carbohydrates 19g	6%
Dietary Fibers 1g	4%
Sugars 0g	
Protein 10g	
Vitamin A 3% • Vitamin C 8	3%
Calcium 1% • Iron 0	%
Percent Daily Values are based on a 2,0	
diet. Your daily values may be higher	or lower
depending upon your calorie needs.	

INGREDIENTS: POTATO, EDIBLE VEGETABLE OIL.







HASH BROWN



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Nutrition Facts

Serving Size: 2.1 oz (60g)

Amount Per Serving			
Calories 113	Ca	alories from F	at 41
		% Daily Va	alue *
Total Fat 5g			8%
Saturated F	at 1	g	5%
Trans Fat 0g			0%
Cholesterol 0	mg		0%
Sodium 331m	ıg		14%
Total Carbohy	/dra	tes 16g	5%
Dietary Fib	ers 2	<u>2g</u>	6%
Sugars 1g			
Protein 2g			
Vitamin A 2%	•	Vitamin C	16%
Calcium 1%	•	Iron	2%

diet. Your daily values may be higher or lower

depending upon your calorie needs.

INGREDIENTS: POTATO, RICE BRAN OIL, CORN STARCH, GARLIC PASTE, TURMERIC, RED CHILI POWER.







VEGETABLE SAMOSA



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Nutrition Facts

Serving Size: 4 Pieces (80g) Servings Per Container: 12.5

Amount Per Serving			
Calories 192	Calories fro	om Fat 52	
	% Dai	ly Value *	
Total Fat 6.4g		10%	
Saturated F	at 2.8g	14%	
Trans Fat 0g		0%	
Cholesterol 0	mg	0%	
Sodium 516m	g	16%	
Total Carbohy	/drates 30g	10%	
Dietary Fibe	ers 2g	8%	
Sugars 4g			
Protein 4g			

Calcium 8% • Iron 12%

Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending upon your calorie needs.

Vitamin C

Vitamin A 4%

INGREDIENTS: POTATOES, WHEAT FLOUR, VEGETABLE OIL (PALM OIL), PEAS, SALT, GINGER, CORIANDER SEED, CANE SUGAR, CUMIN SEED, GREEN CORIANDER, RED CHILI, FENUGREEK, THYME SEEDS.







FROZEN APPETIZERS

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FRENCH TOAST STICKS



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Nutrition Facts

Serving Size: 100g

Amount Per Se	rving	
Calories 300	Calories from	Fat 136
	% Daily	/ Value *
Total Fat 14.5g		23%
Saturated Fa	at 2.2g	12%
Trans Fat 0g		0%
Cholesterol 14	mg	4%
Sodium 291mg	J	12%
Total Carbohyd	rates 42g	13%
Dietary Fibe	rs 1.8g	7%
Sugars 14g		
Protein 5g		
Vitamin A 0%	 Vitamin C 	0%
Calcium 4%	• Iron	9%
Percent Daily Values diet. Your daily val		

depending upon your calorie needs

INGREDIENTS:BREAD (MADE FROM ENRICHED FLOUR, YEAST), PALMOIL, SUGAR, SKIMMEDMILK, CINNAMON, CUSTARD POWDER, SALT, PAPRIKA & VANILLA ESSENCE.





VEGETABLE BURGER



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Nutrition Facts

Serving Size: 4 oz (114g)

Amount Per Serving			
Calories 330	Calories from Fat 137		
	% Daily Value *		
Total Fat 15g	23%		
Saturated	Fat 2g 10%		
Trans Fat 0g	0%		
Cholesterol (Omg 0%		
Sodium 465m	ng 20%		
Total Carboh	ydrates 38g 13%		
Dietary Fib	pers 9g 27%		
Sugars 2g			
Protein 11g			
Vitamin A 299	% • Vitamin C 10%		
Calcium 2%			
Percent Daily Valu	ies are based on a 2,000 calorie		

diet. Your daily values may be higher or lower depending upon your calorie needs.

INGREDIENTS: TOMATO, OATS,
BLACK BEANS LENTIL, ONION, MUSHROOM,
RICE BRAN OIL, CARROT, PANEER, MILK,
RICE FLAKES, OLIVE OIL, BREAD CRUMBS,
GARLIC, SALT, BLACK PEPPER, BAY LEAF.



SWEETS



MILK CAKE



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Nutrition Facts

Serving Size: 50g

Amount Per Serving	
Calories 210 Calories from	Fat 90
% Daily \	Value *
Total Fat 10g	15%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 110mg	4.6%
Total Carbohydrates 23g	8%
Dietary Fibers 0g	0%
Sugars 15g	
Protein 6.5g	
Vitamin A 6% • Vitamin C	0%
Calcium 3% • Iron	0%
Percent Daily Values are based on a 2.0	000 calorie

diet. Your daily values may be higher or lower depending upon your calorie needs.

INGREDIENTS: GRASS FED BUFFALO MILK & EVAPORATED CANE SUGAR.





KAJU KATLI



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Nutrition Facts

Serving Size: 50g

Amount Per Serving	
Calories 240 Calories from Fa	t 100
% Daily Va	lue *
Total Fat 11g	17%
Saturated Fat 2.2g	11%
Trans Fat 0g	
Cholesterol 2mg	1%
Sodium 4mg	0%
Total Carbohydrates 30.5g	10%
Dietary Fibers 0g	4%
Sugars 22.5g	
Protein 5g	
Vitamin A 4% • Vitamin C	0%
Calcium 1% • Iron	0%

Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending upon your calorie needs.

INGREDIENTS: CASHEWS, EVAPORATED CANE SUGAR.





KAJU PISTA ROLL



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Nutrition Facts

Serving Size: 50g

Amount Per Serving	
Calories 242 Calories from F	at 108
% Daily \	/alue *
Total Fat 12g	18%
Saturated Fat 2.4g	12%
Trans Fat 0g	
Cholesterol 2mg	1%
Sodium 3mg	0.13%
Total Carbohydrates 28.5g	10%
Dietary Fibers 1g 4	
Sugars 21g	
Protein 5g	
Vitamin A 4% • Vitamin C	0%
Calcium 1% • Iron	0%

Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending upon your calorie needs.

INGREDIENTS: CASHEWS, PISTACHIO, EVAPORATED CANE SUGAR, SAFFRON & DESI GHEE (MILK CLARIFIED BUTTER).





MOTICHOOR LADOO



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Nutrition Facts

Serving Size: 28g

Amount Per Serving		
Calories 122 Calories from I	at 46	
% Daily V	alue *	
Total Fat 5g	8%	
Saturated Fat 1g	6%	
Trans Fat 0g		
Cholesterol 0mg	0%	
Sodium 5mg	0%	
Total Carbohydrates 16g	5%	
Dietary Fibers 1g	4%	
Sugars 12g		
Protein 2g		
Vitamin A 0% • Vitamin C	0%	
Calcium 1% • Iron	3%	
Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending upon your calorie needs.		

INGREDIENTS: CHICKPEAFLOUR, CANE SUGAR, VEGETABLE OIL (PALM OIL) & CARDAMOM.





MATHURA PEDA



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Nutrition Facts

Serving Size: 1 Piece

Amount Pe	er Servii	ng	
Calories 69	Ca	ories from F	at 31
% Daily Value *			
Total Fat 3	g		6%
Saturate	ed Fat 2g]	12%
Trans Fa	at 0g		
Cholester	ol 3mg		1%
Sodium 36	img		2%
Total Carb	ohydrat	es 7g	2%
Dietary Fibers 0g 0%			0%
Sugars	4g		
Protein 2g			
Vitamin A	1% •	Vitamin C	6%
Calcium	12% •	Iron	1%

Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending upon your calorie needs.

INGREDIENTS: BUFFALO MILK, CANE SUGAR.



KEEP FROZEN

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THABDI PEDA



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Nutrition Facts

Serving Size: 1 Piece

Amount Per Serving			
Calories 69	Calories from Fat 31		
	% Daily Value *		
Total Fat 3g	6%		
Saturated	Fat 2g 12%		
Trans Fat (Og .		
Cholesterol 3mg			
Sodium 36mg	g 2%		
Total Carbohydrates 7g 2			
Dietary Fib	ers 0g 0%		
Sugars 4g			
Protein 2g			
Vitamin A 19	% • Vitamin C 6%		
Calcium 12	2% • Iron 1%		

Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending upon your calorie needs.

INGREDIENTS: BUFFALO MILK, CANE SUGAR.





KESAR PEDA



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Nutrition Facts

Serving Size: 3 Pcs (57g)

Amount Per Serving		
Calories 219 Calories from Fa	at 105	
% Daily V	alue *	
Total Fat 11	17%	
Saturated Fat 7g		
Trans Fat 0g		
Cholesterol 30mg		
Sodium 81mg 3		
Total Carbohydrates 22g 7%		
Dietary Fiber 0g 0%		
Sugars 10g		
Protein 7g		
Vitamin A 7% • Vitamin C	0%	
Calcium 1% • Iron	0%	

Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending upon your calorie needs.

INGREDIENTS: MILK SOLIDS, SUGAR, PISTACHIOS, CARDAMOM POWDER, SAFFRON (KESAR).





DHODA BURFI



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Nutrition Facts

Serving Size: 50g

Amount Per Serving		
Calories 195 Calories from	Fat 50	
% Daily	Value *	
Total Fat 5.5g	8%	
Saturated Fat 3.3g	17%	
Trans Fat 0g		
Cholesterol 11mg	4%	
Sodium 48mg	2%	
Total Carbohydrates 31.5g 119		
Dietary Fibers 1g	4%	
Sugars 20g		
Protein 4.5g		
Vitamin A 1% • Vitamin C	0%	
Calcium 1% • Iron	0%	
Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending upon your calorie needs.		

INGREDIENTS: MILK SOLIDS, EVAPORATED CANE SUGAR, SPROUTED WHEAT AND WHEAT FLOUR, CASHEW, GLUCOSE, COCONUT, DESI GHEE, ALMONDS & CARDAMOM.





BESAN LADOO



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Nutrition Facts

Serving Size: 28g

Amount Per Serving		
Calories 145 Calories from	Fat 72	
% Daily V	alue *	
Total Fat 8g	13%	
Saturated Fat 5g	24%	
Trans Fat 0g		
Cholesterol 20mg	6%	
Sodium 7mg	1%	
Total Carbohydrates 16g	5%	
Dietary Fibers 1g	4%	
Sugars 11g		
Protein 2g		
Vitamin A 5% • Vitamin C	0%	
Calcium 0.5% • Iron	3%	
Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lowe		

depending upon your calorie needs

INGREDIENTS: CHICKPEAFLOUR, VEGETABLE OIL, PURE DESI GHEE, CANE SUGAR & CARDAMOM.





GUJIA (GHUGHRA)



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Nutrition Facts

Serving Size: 28g

Amount Per Serving	
Calories 119 Calo	ories from Fat 61
	% Daily Value *
Total Fat 7g	11%
Saturated Fat 5g	20%
Trans Fat 0g	
Cholesterol 17mg	6%
Sodium 13mg	0.3%
Total Carbohydrates	13g 5%
Dietary Fibers 0.4	lg 2%
Sugar 5g	
Protein 2g	0%
Vitamin A 4% • V	/itamin C 0.5%
Calcium 4% • I	Iron 1%
Percent Daily Values are ba	sed on a 2,000 calorie

diet. Your daily values may be higher or lower depending upon your calorie needs.

INGREDIENTS: ALL PURPOSE FLOUR, SHREDDED COCONUT, RAISINS, CANE SUGAR, VEGETABLE OIL (PALM OIL), MILK SOLIDS (KHOYA)& CARDAMOM.

