





A lightly spiced masala sauce perfect on its own or as a base for your favourite curry

# ALL NATURAL INGREDIENTS

# Tomatoes, Onions, Water, Sunflower Oil, Ginger, Garlic, (Garam Marsala - Coriander, Cumin, Black Pepper, Cinnamon, Ginger, Star Aniseed, Green Cardamon, Pimento, Black Cardamon, Bay Leaves, Cloves, Nutmeg), Tumeric, Salt, Cumin Seeds, Ground Coriander, Chilli Flakes.

### **ALLERGEN ADVICE:**

Spices sourced from a factory handling nuts

## **NUTRITIONAL INFO**

### Typical values per 100g

Energy	85kcal/353kJ
Fat	5.6g
of which	
saturates	0.7g
mono-unsaturat	es 1.4g
polyunsaturates	3.2g
Carbohydrates	5.1g
of which sugars	s 3.1g
Protein	1.5g
Salt	0.9g
No added sugar	





