



**Aagrah**  
**996841 - Karahi Indian Cooking Sauce**

Originating from central Punjab and developed especially by Aagrah, the Aagrah Karahi cooking sauce is typically an aromatic dry dish and best served with chappati's.



**Nutrition Facts**

Servings per Container 3  
Serving size 3.2OZ

Amount per serving  
**Calories 90**

	% Daily Value*
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 590mg	<b>26%</b>
<b>Total Carbohydrate</b> 9g	<b>3%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 2g	
Includes 0g Added Sugar	<b>0%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	<b>0%</b>
Calcium 26mg	<b>2%</b>
Iron 1.08mg	<b>6%</b>
Potassium 282mg	<b>6%</b>

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**\* Benefits**

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**Ingredients**

Chopped tomato (tomato, tomato juice), fried onion (onion, sunflower oil), rapeseed oil, garlic, ginger, salt, green chilli, cumin, turmeric, garam masala (coriander, ginger, cinnamon, cumin, black pepper, pimento, cardamom, clove, bay leaf, cassia, nutmeg), liquorice, citric acid, chilli powder, natural flavouring.

**Allergens**

**Free From:**

- crustaceans
- eggs
- fish
- milk
- peanuts
- sesame
- soy
- tree nuts
- wheat

**Handling Suggestions**

Keep in cool dry place and Keep refrigerated once opened and consume 3 days UNIT UPC: 5026531002035

**Serving Suggestions**

serving suggestion 3 - Cook with chicken, meat, fish or any vegetables to make an authentic indian curry

**Prep & Cooking Suggestions**

1. Add 1.5 tablespoons of oil into a pan and heat, add 14 oz of your chosen meat/vegetables and fry until browned.
2. Stir in the base, add 2.4 fl oz of water to the jar, replace lid, swirl around and add this to the pan.
3. Bring to the boil with the lid on and simmer gently for approx. 10 mins or until thoroughly cooked

**Product Specifications**

Brand	Manufacturer
Aagrah	ShipleY Enterprises LTD

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
5026531002035	CAAGR01-001	996841	05026531002080		6/9.5 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
7lb	3.6lb	United Kingdom	No	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
9.5in	6.3in	4in	0.14ft3	30x10	237days	60°F / 77°F



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Nutrition Analysis - By Measure

Calories	90	Total Fat	5g	Sodium	590mg
Protein	2	Trans Fats	0g	Calcium	26mg
Total Carbohydrates...	9g	Saturated Fat	0g	Iron	1.08mg
Sugars	2g	Added Sugars	0g	Potassium	282mg
Dietary Fiber	2g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)•		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12•	
Monosodium		Sulphites		Nitrates	

Additional Images

