

Aagrah

996901 - Karahi Tarka 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.



* 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.

A Allergens

Free From:



(🛞) wheat

Nutrition Facts

Servings per Container 20 3.20Z Serving size

Amount per serving

% Daily	Value*
•	
Total Fat 5g	6%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 590mg	26%
Total Carbohydrate 9g	3%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugar	0%
Protein 2g	
Vitamin D. Omeg	00/
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 1.08mg	6%
Potassium 282mg	6%

* The % Daily Value (DV) tells you how much a nutrient in

a day is used for general nutrition advice.

a serving of food contributes to a daily diet. 2,000 calories

Handling Suggestions

Keep in cool dry place and Keep refrigerated once opened and consume 3 days UNIT UPC: 5060651440339

Serving Suggestions

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

Prep & Cooking Suggestions

Makes around 1.6 litres of sauce. Originating from Central Punjab and developed especially by Aagrah, Karahi is typically an aromatic dry dish. Simply add 450ml of water. Wed suggest around 100g of protein per portion or 2kg for the full bottle.

Product Specifications

Bra	ind	Manufacturer			
Aag	rah	Shipley Enterprises LTD			
LIDC	MEC #	CDC #	CTINI	Doole	Dael: Daes

UPC	MFG #	SPC#	GTIN	Pack	Pack Desc.
5060651440339	KTCateringCase	996901	05026531003148		2/1.2 KG

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
5.29lb	5.25lb	United Kingdom	No	

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
4.1in	6.6in	6.9in	0.11ft3	50x7	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-1 2•	
Monosodium		Sulphites		Nitrates	

0	Additional Images							

