

The information on the [Erudus System](#) has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provided by Erudus One.

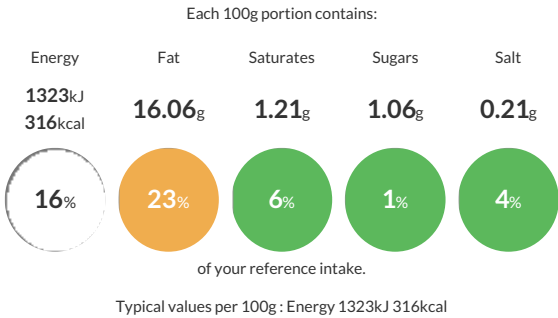
We do not accept liability for any inaccuracies or incorrect information contained on this site. Please visit <http://www.erudus.com/terms-and-conditions> for full terms and conditions.

## GARAM MASALA 6x405g

A free flowing blend of ingredients.

Traded Unit GTIN: 5020933028914 Internal GTIN: 5020933023933 Supplier: Sleaford Quality Foods Suppliers Product Code: GARM405V

### Reference Intake



### Nutritional Information

Typical Values	Per 100g
Energy	1323kJ 316kCal
Carbohydrates	1.64g
of which sugars	1.06g
Fat	16.06g
of which saturates	1.21g
Fibre	28.56g
Protein	13.75g
Salt	0.21g

### Allergy Information

Key: Contains May Contain

  
Does Not Contain Cereal/Gluten

  
Does Not Contain Milk

  
Does Not Contain Eggs

  
Does Not Contain Peanuts

  
Does Not Contain Nuts

  
Does Not Contain Crustaceans

  
Does Not Contain Mustard

  
Does Not Contain Fish

  
Does Not Contain Lupin

  
Does Not Contain Sesame

  
Does Not Contain Celery

  
Does Not Contain Soya

  
Does Not Contain Molluscs

  
Does Not Contain Sulphur Dioxide

### Dietary Information

Key: Suitable for

  
Suitable for Vegetarian

  
Suitable for Vegan

  
May not be suitable for Kosher

  
May not be suitable for Halal

  
Suitable for Coeliac

### Ingredients

Coriander, Cumin, Black Pepper, Cassia Cinnamon, Dill, Ginger, Cloves