

Annapurna -Atta and salt Nutrition Information (Typical values, as Sold per 100g)

Brand	Variant	Typical values	Energy (kcal)	Protein (g)	Carbohydrate (g)	Sugars (g)	Dietary fibre (g)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Sodium (mg)	Iodine (mg)	Iron (mg)	Folic Acid (µg)	Vitamin B12 (µg)
Annapurna	Farm Fresh Atta	Per 100g	320	10.6	64.2	1.8	11.4	1.5	0.2	Nil	2	N/A			
Annapurna	Super Atta	Per 100g	320	10.6	64.2	1.8	11.4	1.5	0.2	Nil	2	N/A	2.1	130	1
Annapurna	Iodised Powder Salt	Per 100g	Nil	Nil	Nil	Nil	Nil	Nil	Nil	Nil	38800	3			
Annapurna	Iodised Crystal Salt	Per 100g	Nil	Nil	Nil	Nil	Nil	Nil	Nil	Nil	38800	1.5			
Captain Cook	Free Flow Refined Iodised Salt	Per 100g	Nil	Nil	Nil	Nil	Nil	Nil	Nil	Nil	38800	1.5			