

Kissan Sauce, Ketchup, Jams and Marmalade (Typical values, as Sold per 100g)										
Brand	Variant	Energy (kcal)	Protein (g)	Carbohydrate (g)	Sugars (g)	Dietary fibre (g)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Sodium (mg)
Kissan	Mixed Fruit Jam	255	0.50	75	69	0.5	Trace	Trace	Nil	30
Kissan	Strawberry Jam	255	Trace	75	70	0.5	Trace	Nil	Nil	30
Kissan	Orange Marmalade	255	Trace	75	70	0.5	Trace	Nil	Nil	30
Kissan	Strawberry Ketchup	250	0.50	72	70	0.5	Trace	Nil	Nil	20
Kissan	Orange Ketchup	250	0.50	72	70	0.5	Trace	Nil	Nil	20
Kissan	Tomato Ketchup	135	1.35	35	32	0.8	0.1	Trace	0.0	900
Kissan	Hot Mustard No Garlic	133	1.33	34	32	0.7	Trace	0.0	0.0	687
Kissan	Hot Tomato Sauce	147	1.47	37	35	0.7	Trace	0.0	0.0	740
Kissan	Hot and Spicy Sauce	147	0.67	37	35	0.7	0.0	0.0	0.0	680
Kissan	Manchurian sauce	110	2.60	15	5	1.3	5.4	0.0	0.1	1302
Kissan	Shrimp Salsa Sauce	75	0.56	21	6	0.2	2.7	0.7	Trace	760
Kissan	Pasta and Pesto sauce	82	1.30	14	11	1.0	2.4	0.4	0.0	921
Kissan	Schwanen Sauce	128	2.20	16	7	2.5	6.1	1.0	0.1	2386

Kissan- Nutrition Information (Typical values, per serve, as prepared based on on-pack cooking instructions)												
Preparation Instruction	Serving size (g)	Energy (kcal)	Protein (g)	Carbohydrate (g)	Sugars (g)	Dietary fibre (g)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Sodium (mg)		
<i>Nil as product is consumed as sold</i>	20	17	0.10	11.2	11.6	0.1	Trace	Trace	Nil	4		
<i>Nil as product is consumed as sold</i>	20	18	Trace	11.2	11.2	0.1	Trace	Trace	Nil	0		
<i>Nil as product is consumed as sold</i>	20	18	Trace	11.2	11.2	0.1	Trace	Trace	Nil	0		
<i>Nil as product is consumed as sold</i>	20	18	0.10	11.0	11.0	0.1	Trace	Trace	Nil	4		
<i>Nil as product is consumed as sold</i>	20	18	0.10	11.0	11.0	0.1	Trace	Trace	Nil	4		
<i>Nil as product is consumed as sold</i>	20	17	0.10	11.1	11.1	0.1	Trace	Trace	Nil	5		
<i>Nil as product is consumed as sold</i>	15	20	0.20	9.0	8.8	0.1	Trace	0.0	0.00	100		
<i>Nil as product is consumed as sold</i>	15	22	0.20	9.6	9.5	0.1	Trace	0.0	0.00	113		
<i>Nil as product is consumed as sold</i>	15	22	0.10	9.6	9.5	0.1	0.0	0.0	0.00	99		
*Cooking instructions: Manchurian Gravy with balls Ingredients: 1 For Manchurian Balls: 1 cup (50 g) chopped vegetables (cabbage, carrots, corn, cauliflower, french beans, corn flour (2 Tbsp) only, made 0.5 to 1% (10%), oil for frying of the Manchurian Gravy 2 Tbsp (15 g) Kissan Manchurian Sauce, ½ cup (75 ml) water, corn flour (2 g only), spring onion to garnish. 1. For Manchurian Balls: Mix vegetables with corn flour, make a paste to make a pasteable batter. Make 8 balls and deep fry. 2. For Manchurian Gravy: In a pan, add Kissan Manchurian Sauce & water. Add a pinch of corn flour and cook until gravy becomes thick. 3. Add manchurian balls to the gravy and cook for 1 minute. 4. Garnish with spring onions and serve hot with steamed rice!	276 (175g Manchurian gravy+20g steamed rice)	505	30.10	89.5	4.1	1.8	11.9	1.3	0.04	508		
<i>Nil as product is consumed as sold</i>	15	11	0.10	7.7	7.5	0.1	0.4	0.1	Trace	111		
*Cooking instructions: Shrimp Salsa Sauce Ingredients: 2 ½ Tbsp (50 g) Kissan Pesto & Pasta Sauce, 1 cup (50 g) boiled pasta, 1 ½ cup (120 g) chopped vegetables (onion, peppers, broccoli, baby corn, carrot, aubergine), 1 Tbsp Olive oil 1. Heat a pan, add oil and cook vegetables for 1-2 minutes. 2. Add boiled pasta and toss for 1 minute. 3. Add Kissan Pesto & Pasta Sauce and mix for 2 minutes. 4. Take the pan off the gas and serve hot!	200	308	6.30	35.2	10.8	4.8	15.7	2.2	0.01	488		
*Cooking instructions: Schwanen Fried Rice Ingredients: 2 Tbsp (15 g) Kissan Schwanen Sauce, 1 cup (125 g) steamed rice, 2 cups (250 g) chopped vegetables (cucumber, carrot, spring onions, french beans, carrots), 2 tsp vegetable oil. 1. Heat a pan, add oil and sauté vegetables for 3-4 minutes. 2. Add Kissan Schwanen sauce and mix for 2 minutes. 3. Add steamed rice and toss for 1 minute. 4. Take the pan off the gas and serve hot!	275	382	8.80	59.6	6.5	8.6	12.0	1.4	0.04	793		

Kissan Squash (Typical values, as Sold per 100g)										
Brand	Variant	Energy (kcal)	Protein (g)	Carbohydrate (g)	Sugars (g)	Dietary fibre (g)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Sodium (mg)
Kissan	Strawberry Squash	212	0.2	53.5	52.4	0.6	Trace	Nil	Nil	23
Kissan	Grape Squash	251	0.2	62.4	61.2	0.8	0.10	Nil	Nil	71
Kissan	Ginger Squash	202	0.2	50.1	49.6	0.2	0.10	Trace	Nil	81
Kissan	Mixed Fruit Squash	220	0.1	55.0	54.2	0.4	Nil	Nil	Nil	15
Kissan	Lemon Squash	204	0.1	50.7	48.8	0.3	Trace	Nil	Nil	77

Kissan Squash- Nutrition Information (Typical values, per serve based on on-pack method of preparation)												
Preparation Instruction	Serving size as prepared (g)	Serving size (g)	Energy (kcal)	Protein (g)	Carbohydrate (g)	Sugars (g)	Dietary fibre (g)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Sodium (mg)	
2 Table spoons (100 ml) of Squash + One glass (180 ml) of Chilled water/Total = DRINKAGE SOLUTION	210 (100 ml of squash in 180ml of water)	210	61.0	0.1	18.6	18.7	0.1	Trace	Nil	Nil	23	
1 Table spoon (50 ml) of Squash + One glass (180 ml) of Chilled water/Total = DRINKAGE SOLUTION	210 (50 ml of squash in 180ml of water)	210	75.0	0.1	18.7	18.4	0.2	Trace	Nil	Nil	21	
2 Table spoons (100 ml) of Squash + One glass (180 ml) of Chilled water/Total = DRINKAGE SOLUTION	210 (100 ml of squash in 180ml of water)	210	61.0	0.1	18.0	18.0	0.1	Trace	Trace	Nil	11	
1 Table spoon (50 ml) of Squash + One glass (180 ml) of Chilled water/Total = DRINKAGE SOLUTION	210 (50 ml of squash in 180ml of water)	210	66.0	Trace	16.5	16.2	0.1	Nil	Nil	Nil	4	
2 Table spoons (100 ml) of Squash + One glass (180 ml) of Chilled water/Total = DRINKAGE SOLUTION	210 (100 ml of squash in 180ml of water)	210	61.0	Trace	15.2	14.6	0.1	Trace	Nil	Nil	23	

Kissan Orange Fortified Squash- Nutrition Information (Typical values, as Sold per 100g)																
Brand	Variant	Energy (kcal)	Protein (g)	Carbohydrate (g)	Sugars (g)	Dietary fibre (g)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Sodium (mg)	Potassium (mg)	Vitamin A (µg)	Vitamin B6 / Pyridoxine (µg)	Vitamin B7 / Biotin (µg)	Vitamin B9/ Folic Acid (µg)	Vitamin C (mg)
Kissan	Orange Squash (fortified, Ascorbic)	200	0.2	51.4	51.2	0.1	0.3	Nil	Nil	76	38	315	0.84	10.5	37.8	21
Kissan	Orange Squash (fortified, sulphite)	214	0.20	51.6	52	0.1	0.3	Nil	Nil	75	38	315	0.84	10.5	37.8	21

Kissan Orange Fortified Squash-Nutrition information(Typical values, per serve based on on-pack method of preparation)																	
Preparation Instruction	Serving size as prepared (g)	Serving size (g)	Energy (kcal)	Protein (g)	Carbohydrate (g)	Sugars (g)	Dietary fibre (g)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Sodium (mg)	Potassium (mg)	Vitamin A (µg)	Vitamin B6 / Pyridoxine (µg)	Vitamin B7 / Biotin (µg)	Vitamin B9/ Folic Acid (µg)	Vitamin C (mg)
1 Table spoons (50 ml) of Squash + One glass(180 ml) of Chilled water/Total = DRINKAGE SOLUTION	210 (50ml of squash in 180ml of water)	210	63	0.1	15.4	15.4	Trace	0.1	Nil	Nil	23	11	94.5	0.3	3.2	11.3	6.3
2 Table spoons (100 ml) of Squash + One glass(180 ml) of Chilled water/Total = DRINKAGE SOLUTION	210 (100ml of squash in 180ml of water)	210	64	0.1	15.8	15.6	Trace	0.1	Nil	Nil	17	11	94.5	0.3	3.2	11.3	6.3