



# LOVE KUSH MASALA

Har Grahani Ki Pasand

Also Available in :  
50 Gram, 100 Gram, 200 Gram, 500 Gram

## RED CHILLI POWDER

NUTRITION FACTS	
Serving Size	100g.
Amount Per Serving	
<b>Calories</b>	<b>282</b>
	% Daily Value*
Total Fat 14g.	18%
Saturated Fat 2.5g.	12%
Sodium 2867mg.	125%
Total Carbohydrate 50g.	18%
Dietary Fiber 35g.	125%
Sugar 7.2g.	
Protein 13g.	26%
Vitamin D 0.00mcg	0%
Calcium 330.00mg	25%
Iron 17.30mg.	96%
Potassium 1950mg	41%
*The % Daily Value (DV) tells you how a nutrient in a serving of food contribute to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Chillies work a great deal to spice up our meals. Indian cuisine is known to contain a generous amount of spice, which not only make the food taste better but also provide many health benefits. Loaded with essential minerals and vitamins, chillies are a must-have addition in our day to day diet. Now, there are two kinds of chillies found commonly in our households-green chillies and **Red Chillies** (mostly in the powder form). Lately, a debate has sprung up on which chilli is better than the other. Divided opinions from every corner have left many confused who are unable to make a stern decision. Despite the Ambiguity people have started replacing **Red Chilli** powder with green chill, which is considered to be a more potent source of spices. As the common motion goes in the world of food anything which is green is good for health. Studies have proved that green chillies promote health and over well-being in ways more than one.



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Also Available in :  
10 Gram, 50 Gram, 100 Gram

## OUR OTHER SPICES



BLACK SALT



BLACK PEPPER POWDER



JEERA POWDER

