

JAYHAK

Authentic Vegetarian Cuisine
(Medium hot)

Mango Chutney

Australian made
100 % Vegetarian

Ingredients:

Green mangos, sugar, salt, veg. oil, chilli, mustard, and herbs/spices.

Shelf life: 18 months

Serving tips: (15 to 20g per normal serve)

Use as a dip with snacks and entrees.

Use in cooking to create exotic meat curries, soups, pasta and rice dishes of your own flavour.

Spread on a salad, sandwich or pita bread and fill with your favourites like ham, chicken or vegetables.

Serve as an accompaniment to Indian meals with rice dishes or Indian breads.



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Nutrition Information*

Mango Chutney / Mango spread
Per 100g

Energy (KJ)	881
Energy (kcal)	211
Protein	1.1g
Carbohydrate	27.8g
Sugars	27.2g
Fat	11.0g
Fibre	2.5g
Sodium (in grams)	1.7g

*The nutrition information is indicative only. User should verify quantities for individual products.

Specifications:

	Net weight Per piece	Gross weight Per piece	Carton dimensions (internal) in mm
40g glass jars	40g	115g	180 x 135 x 105 (24 units)
250g glass jars	250g	395g	185 x 140 x 180 (12 units)
1kg glass jar	1kg	1.2kg	
3kg pile	3kg	3.6kg	

Jayhak Foods is established in Darwin, the northern gateway to Australia, as a manufacturing business featuring exclusive vegetarian food products.

The product range include pickles, dips, spreads, snacks, finger foods and frozen meals made out of premium quality ingredients with all natural preservatives using the best standards.

The products are evolved from the finest traditional recipes of south India to suite the non-traditional discerning palates of the multi-cultural international community.

Exclusive vegetarian cuisine for health conscious, spice loving people