

JORDANIAN MAFTOL



PACKING DETAILS

Weight	500g
Units/ Case	12 pcs
Shelf-life	12 Months
Pack Language	English & Arabic

INGREDIENTS

Wheat flour- Ground Wheat – Fennel – Black Pepper – Caraway – Cardamon - Salt

NUTRITIONAL FACTS

Nutritive value	Serving: ½ Cup (100g)	Amount Per Serving
	Total Calories 190 Kcal	Calories from Fat 25.2 Kcal
		% Daily Value
Total Fat	1.8g	2.70%
Cholesterol	0.0g	
Sodium	200mg	8%
Total Carbohydrate	75.5g	25.50%
Dietary Fiber	1.3g	5.30%
Protein	11.5g	
Calcium		5.20%
Iron		22.10%
Vitamin A		0.00%
Vitamin B		0%