



Shri Mahila Griha Udyog Lijjat Papad

An ISO 9001 : 2015 Certified

Recognised by Khadi & Village Industries Commission

A unique organisation of the women, by the women, for the women



▶ About Us



Puja Chhaganbapa

The man who showed the way...

Shri Mahila Griha Udyog Lijjat Papad is a Women's organisation manufacturing various products from Papad, Appalam, Masala, Gehu Atta, Chapati, SASA Detergent Powder, SASA Detergent Cake (Tikia), SASA Liquid Detergent. The organisation is wide-spread, with it's Central Office at Mumbai and it's 81 Branches and 27 Divisions in different states all over India.

Membership has also expanded from an initial number of 7 sisters from one building to over 43,000 sisters throughout India.

The success of the organisation stems from the efforts of it's member sisters who have withstood several hardships with unshakable belief in 'the strength of a woman'.



Puja Dattanibapa

Who lead us to the path...

The Institution will always and ever be grateful to "Pitamaha" Late Shri Dattanibapa (Shri Purshottam Damodar Dattani) for his contributions towards the Institution who showed the correct path and guided the Institution till his last breath.

कररम् कुरररम्, कुरररम् करररम्...

मजेदार लज्जतदार
सात स्वाद में
लिज्जत...

लिज्जत
पापड

सात-चटपटे कुरकुरे जायकेदार स्वादों में
उडद, उडद-स्पेशल, मूंग, मूंग-स्पेशल,
पंजाबी स्पेशल, लहसुन और मिर्च.



श्री महिला गृह उद्योग लिज्जत पापड

• About Us

Shri Mahila Griha Udyog, the makers of the famous Lijjat Papad, is an organisation which symbolises the strength of a woman. Only women can become the members of the organisation. Shri Mahila Griha Udyog has a wide range of papad, masala, atta, chapati, appalam and detergent.

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News & Features



Power Brands Award 2010-2011

04 Feb,2011

Lijjat Papad has been chosen as a Power Brand 2010-2011 by the Indian Consumer and received the Award on 4th February 2011 in New Delhi by our President Smt. Swati R. Paradkar.

[View More →](#)



The smile that launched a thousand papads

13 Sep,2002

She was the epitome of simplicity. Clad in a Gujarati-style white cotton sari and wearing chappals at the star-studded gathering, the 71-year-old Jashwantiben Popat played the perfect 'dadima' to India Inc.

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▶ Video Gallery



▶ Video Gallery



▶ Search For Lijjat Product

Product

Dealer Consumer Export

Type

SEARCH

▶ Our Products

[View More →](#)



Detergent

Lijjat's Detergents are available in Powder, Cake and Liquid Soap.



Papad

At Lijjat we have 7 (seven) varieties of Papads for Local Market and 14 (fourteen) varieties for Exports.



Traditional Masala

All varieties of Traditional & Ready Mix Masalas.

▶ Search For Lijjat Product

Product

Dealer Consumer Export

Type

SEARCH

▶ Our Products

[View More →](#)



Lijjat's wide varieties of Ready Mix Masalas.



Jeera Papad

Lijjat's Special papads in long form with Jeera.



Appalam

Lijjat's Appalam specially made from Udad and Rice Powder available in South.



Gehu Atta

▶ News & Features



Honorable Chairman of KVIC Visit to Lijjat Papad

27 Jul,2022

Honorable Chairman of KVIC Visit to Lijjat Papad

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Anita Parikh Empowerment of Women Award

04 Jun,2019

Anita Parikh Empowerment of Women Award

[View More →](#)



Global Economic Award

27 Mar,2017

Global Economic Award

[View More →](#)



Visit of Chairman of MARS Inc Global

20 Jan,2017

Visit of Chairman of MARS Inc Global

[View More →](#)





Mahila Vikas Award 2016-17

08 Mar,2017

Mahila Vikas Award 2016-17

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Wockhardt Foundation Social Development Award

20 Feb,2017

President, Smt. Swati R. Paradkar has been awarded the Wockhardt Foundation Social Development Popular Award under the category 'Livelihood Facilitator of the Year' in recognition of her contribution to Society

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KVIC Chairman Visit

08 Nov,2015

KVIC Chairman visit to our Institution on 8th November 2015

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NFPDC

08 Oct,2014

President Smt. Swati R. Paradkar appointed as Member in National Food Processing Development Council (NFPDC)

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Annual General Meeting

12 Sep,2014

The 49th Annual General Meeting was held on Wednesday, 12th September 2014 at Shanmukhananda Hall, Mumbai.

[View More →](#)



Visit of Hon'ble MSME Minister

05 Aug,2014

Shri Kalraj Mishraji, Hon'ble Minister of Micro, Small and Medium Enterprises (MSME) Government of India visited Shri Mahila Griha Udyog Lijjat Papad, Head Office at Bandra on 2nd August 2014.

[View More →](#)



Delegation Visit

16 Oct,2012

Dr. Mkhize Zwelil, the Premier (Chief Minister) of Province KWA Zulu-Natal, Republic South Africa visited the Central office of Shri Mahila Griha Udyog Lijjat Papad at Bandra, Mumbai on 16.10.2012.

[View More →](#)



Lijjat felicitated by Hon'ble Dr. Abdul Kalam

22 Dec,2005

The PHD Chamber of Commerce & Industry has felicitated Lijjat Papad, the nationwide ladies organization recognized by KVIC, by presenting BRAND EQUITY AWARD of the year in recognition Of "creating a highly successful Indian Brand "Lijjat".

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SHRI MAHILA GRIHA UDYOG LIJJAT PAPAD

(RECOGNISED BY KHADI & VILLAGE INDUSTRIES COMMISSION)

CENTRAL OFFICE

Oracle Point, 3rd Floor, Opp. Railway Station, Bandra (West), Mumbai - 400 050.
Phones : 26554021-22-23-24-25-26-27-28-29-30-31 / 26427282
Fax : 022-26420688 • 022-26413341

QUALITY POLICY

WE, THE TOP MANAGEMENT AND EVERY MEMBER OF LIJJAT ORGANISATION ARE COMMITTED FOR MAKING AND SUPPLY OF QUALITY LIJJAT PAPADS IN OUR ALL LOCATIONS TO ACHIEVE CUSTOMER SATISFACTION AND INCREASED MARKET SHARE GLOBALLY.

WE SHALL ACHIEVE THE ABOVE BY FOLLOWING CORPORATE ACTIONS

1. TO TRAIN ALL OUR NEW AND EXISTING MEMBERS ON IMPROVING QUALITY AND MAINTAINING STANDARDS.
2. WE SHALL TRAIN ALL OUR APPROVED SUPPLIERS TO CONFORM TO OUR REQUIREMENTS OF QUALITY AND SUPPLY ON TIME.
3. WE SHALL COMPLY WITH ALL LEGAL REQUIREMENTS TO MAINTAIN CONTINUITY OF OUR PRODUCTION AND SALE OPERATIONS.
4. WE WILL BASE OUR PRODUCTION AND DISTRIBUTION ACTIVITIES ON ISO STANDARD 9001-2008 - QUALITY MANAGEMENT SYSTEM
5. WE SHALL REVIEW OUR POLICY ANNUALLY TO DETERMINE ITS CONTINUING SUITABILITY (AS PER CLAUSE 5.3)

For Shri Mahila Griha Udyog Lijjat Papad,

PLACE : MUMBAI
DATE : 01 /01/2015



Smt. Swati R. Paradkar
(Smt. Swati R. Paradkar)
President

The Institution will always and ever be grateful to "Pitamaha" Late Shri Dattanibapa (Shri Purshottam Damodar Dattani) for his contributions towards the Institution who showed the correct path and guided the Institution till his last breath.

The Beginning:

It all began on 15th march 1959, which was a warm summer day with the sun shining brightly in the cloudless sky. A majority of the women inhabitants of an old residential building in Girgaum (a thickly populated area of South Bombay), were busy attending their usual domestic chores.

A few of them, seven to be exact, gathered on the terrace of the building and started a small inconspicuous function. The function ended shortly, the result - production of 4 packets of Papads and a firm resolve to continue production. This pioneer batch of 7 ladies had set the ball rolling.

Certificate of Registration

This is to Certify that
Quality Management System of

SHRI MAHILA GRIHA UDYOG LIJJAT PAPAD

REGD OFFICE: ORACLE POINT, 3RD FLOOR, OPP RAILWAY STATION,
BANDRA (W), MUMBAI – 400050, MAHARASHTRA, INDIA.

has been assessed and found to conform to the requirements of

ISO 9001:2008

for the following scope :

PRODUCTION AND SUPPLY OF LIJJAT PAPADS FOR DOMESTIC AND
EXPORT MARKETS.

Certification No	1015QBC05	Issuance Date	: 22/01/2015
Initial Registration Date	: 22/01/2015		
Date of Expiry	: 21/01/2018		
1st Surve. Due	: 22/12/2015	2nd Surve. Due	: 22/12/2016



Managing Director



Absolute Quality Certification Pvt. Ltd.

Accredited By: Joint Accreditation System of Australia & New Zealand (JAS-ANZ)

401, Ashok Bhawan, 93, Nehru Place, New Delhi - 110 019. | +91 11 4105 1139 | e-mail: info@absolutequalitycertification.com, www.absolutequalitycertification.com

The Registration is not a Product Quality Certificate
Certificate is the property of AQZ and return when demanded.

* Subject to successful completion of surveillance audits

Visit for verification on www.jas-anz.org/registrant

As the days went by, the additions to this initial group of 7 was ever-increasing. The institution began to grow.

The early days were not easy. The institution has its trials and tribulation. The faith and patience of the members were put to test on several occasion - they had no money and started on a borrowed sum of Rs. 80/-.

Self-reliance was the policy and no monetary help was to be sought (not even voluntarily offered donations). So work started on commercial footing.

With quality consciousness as the principle that guided production, Lijjat grew to be the flourishing and successful organisation that it is today.

Shaadi, Utsav ya Tyohar...

Lijjat Papad Ho Harbar...

*Consistent Quality
Since Last 50 years*

**Karram
Kurram...
Kurram
Karram...**



LIJJAT-karram karram Advertisement jingle

- **Our Values**

- **Shri Mahila Griha Udyog Lijjat Papad is synthesis of three different concepts, namely**

- (1) The concept of Business**
- (2) The concept of family**
- (3) The concept of Devotion**

All these concept are completely and uniformly followed in this institution. As a result of this synthesis, a peculiar Lijjat way of thinking has developed therein.

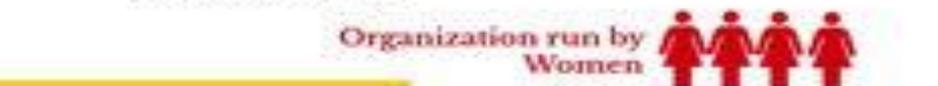
The institution has adopted the concept of business from the very beginning. All its dealings are carried out on a sound and pragmatic footing - Production of quality goods and at reasonable prices. It has never and nor will it in the future, accept any charity, donation, gift or grant from any quarter. On the contrary, the member sisters donate collectively for good causes from time to time according to their capacity.

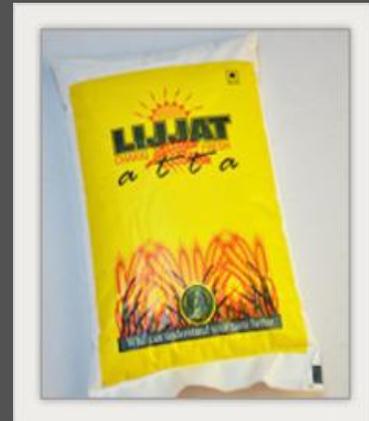
Besides the concept of business, the institution along with all it's member sisters have adopted the concept of mutual family affection, concern and trust. All affairs of the institution are dealt in a manner similar to that of a family carrying out its own daily household chores.

But the most important concept adopted by the institution is the concept of devotion. For the member sisters, employees and well wishers, the institution is never merely a place to earn one's livelihood - It is a place of worship to devote one's energy not for his or her own benefits but for the benefit of all. In this institution work is worship. The institution is open for everybody who has faith in its basis concepts.



DO YOU KNOW THERE IS AN ORGANIZATION WHICH STARTED WITH LOAN OF 80 RUPEES ,NOW HAS A ANNUAL SALES OF 800 CRORES BY SELLING PAPAD?
IT'S NAME IS लिज्जत पापड. VERY FAMOUS HOUSEHOLD NAME.







Lijjat
Garlic Papad
200 gr

Detergent from Lijjat

Providing you the best range of Detergent Powder, Green Detergent Powder From Lijjat, Laundry Soap Blue Cake, Detergent Powder Yellow, Detergent Powder Premium From Lijjat and Dish Wash Bar with effective & timely delivery.

Other Products

Manufacturer of a wide range of products which include Cumin Powder, Red Chilli Powder, Masala Coriander Powder, Ready Mix Masala and Chana Masala.

Ready Mix Masala from Lijjat

Prominent & Leading Manufacturer from Mumbai, we offer Garam Masala, Tea Masala, Pav Bhaji Masala, Punjabi Chhole Masala, Meat Masala and Sambar Masala.

Traditional Masalas from Lijjat

Manufacturer of a wide range of products which include Standard Chilly Powder from Lijjat, Kashmiri Chilly Powder, Turmeric Powder, Coriander Powder, Guntur Hot Chilly Powder and Cumin Powder VAT 5%.

- **Traditional Masalas from Lijjat**

- Standard Chilly Powder from Lijjat
- Kashmiri Chilly Powder from Lijjat
- Turmeric Powder
- Coriander Powder
- Guntur Hot Chilly Powder
- Cumin Powder VAT 5%
- Black Pepper Blended Powder
- Premium Chilly Powder
- Cumin Powder
- Black Pepper Powder
- Black Pepper Fine Powder
- Red Premium Chilly Powder from Lijjat

- **Detergent from Lijjat**

- Detergent Powder
- Green Detergent Powder f
- Laundry Soap Blue Cake
- Detergent Powder Yellow
- Detergent Powder Premium From Lijjat
- Dish Wash Bar
- Liquid Soap From Lijjat
- Liquid Soap 5 Ltrs From Lijjat
- Liquid Soap Can
- Powder Super Plus

- **Ready Mix Masala from Lijjat**

17 products available

- **Detergent from Lijjat**

11 products available

- **Papad from Lijjat**

9 products available

- **Atta from Lijjat**

1 product available

- **Chapati from Lijjat**

1 product available

- **Other Products**

17 products available

Lijjat

MASALA



स्वाद स्वाद में
लिज्जत पापड

ORDER NOW





RETAILER SCHEME FESTIVE BONANZA OFFER

25TH SEPT - 31ST DEC 2022

Retailer Rewards

Purchase For
₹25,000/-



Stimulus 45L
Duffie Bag

Purchase For
₹50,000/-



Stimulus 45L
Duffie Bag - 2 nos



Milton Thermo
Tiffin (4 cont)

Purchase For
₹75,000/-



Prestige 2000W
Induction Stove



Bajaj Majesty
Room Heater

Purchase For
₹1,00,000/-



Wonderchef
Microwave Oven



Phillips
Mixer Grinder

Purchase For
₹1,50,000/-



1 Gram Gold



Bajaj 10L
Water Heater

Purchase For
₹2,00,000/-



15 Gram Gold



Bajaj 15L
Water Heater

Purchase For
₹3,00,000/-



3 Gram Gold



Mi 32" LED TV

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+91-8450904517
+91-7304804517

KARNATAKA | TELANGANA | ANDHRA PRADESH | CHHAT TISGARH | ODISHA | MAHARASHTRA
GUJARAT | UT TAR PRADESH | JHARKHAND | BIHAR | MADHYA PRADESH | GOA

T&C Apply



RETAILER SCHEME SPECIAL DIWALI DOUBLE BONANZA OFFER

25TH SEPT - 31ST OCT 2022



Purchase For
₹40,000/-

AND GET A STUDDS HELMET - L/XL



स्वाद स्वाद में
लिज्जत पापड

ORDER NOW



T&C Apply

Lijjat

MASALA

 **Business Opportunity**
of a lifetime

START YOUR OWN BUSINESS



कामये दुरवत्प्रानाम् ।
प्राणिनाम् आतिनाशनम् ॥

SHRI MAHILA GRIHA UDYOG LIJJAT PAPAD

(Recognised by Khadi & Village Industries Commission)

SYMBOL OF WOMAN'S STRENGTH



PURE MASALA

Black Pepper Powder
Kashmiri Chilly Powder
Turmeric Powder
Cumin Powder



READY MASALA

Biryani Pulav
Garam Masala
Shahi Garam Masala
Jai Jeera
Chana Masala
Punjabi Chhole
Pav Bhaji Masala
Sambar Masala
Pani Puri Masala
Chaat Masala

लोकमत

वितरकांची आवश्यकता आहे

बिहार / झारखंड व पश्चिम बंगालकरिता

Lijjat
शुध्द मसाला

श्री महिला गृह उद्योग लिज्जत पापडचे
प्रीमियम क्वाॅलिटी प्रॉडक्ट

(खादी व ग्रामोद्योग आयोगाद्वारे मान्यताप्राप्त)

पारंपरिक मसाला
हल्दी पावडर
गुंडुर चिली पावडर
काश्मिर चिली पावडर
जिरे पावडर
धणे पावडर
काळी मिरे पावडर
रेडी मिक्स मसाला
गरम मसाला
चहा मसाला
पावभाजी मसाला
मीट मसाला
पंजाबी छोले मसाला
चना मसाला
चाट मसाला
बिरयानी पुलाव मसाला
सांबार मसाला
पानी पुरी मसाला
जलजीरा पावडर
स्पेशल संडे मसाला
फिश मसाला
चिकन मसाला
शाही गरम मसाला



स्थानिक विपणन नेटवर्क व चांगल्या पायाभुत सुविधांसह असणाऱ्या वित्तीयदृष्ट्या सक्षम
पार्टीनी संपर्क करावा :

+91 8433604517 +91 9702704517

+91 7304804517 +91 8450904517

Super
Stockist
Margin 5%

Distributorship
Margin 7%

Salesman
Support 3%

Retailer 15%
Scheme 5%

You should
have GST
number.

Prior
experience
of FMCG
distribution.

Marketing
support*
provided by
the company.

Lijjat
MASALA

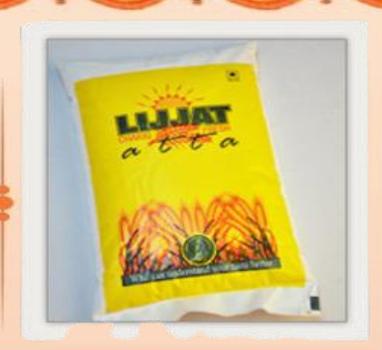
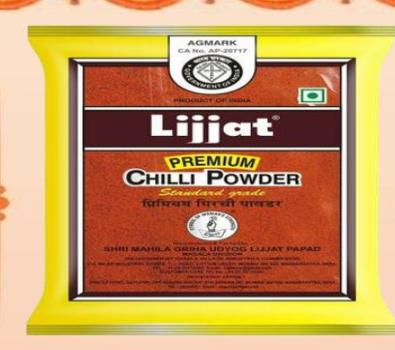
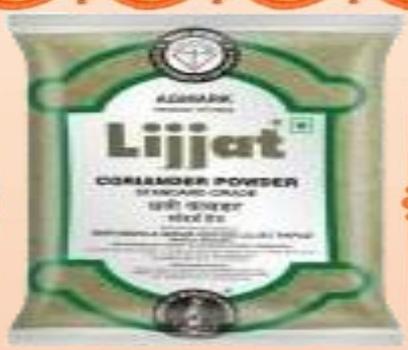
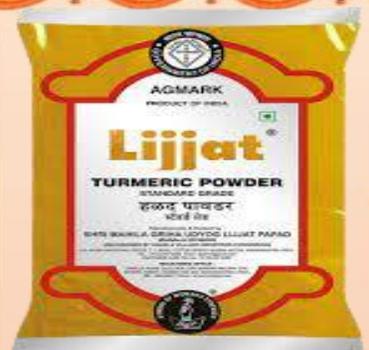
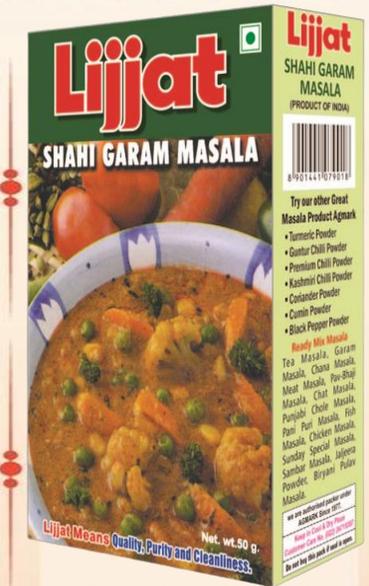
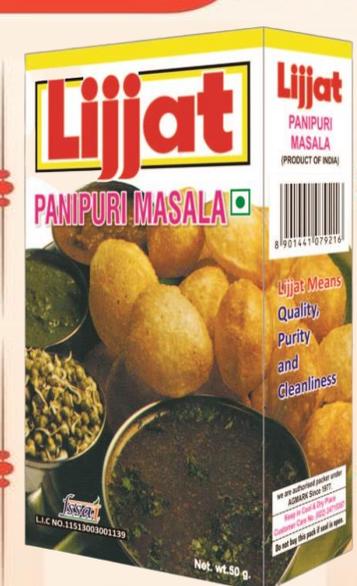
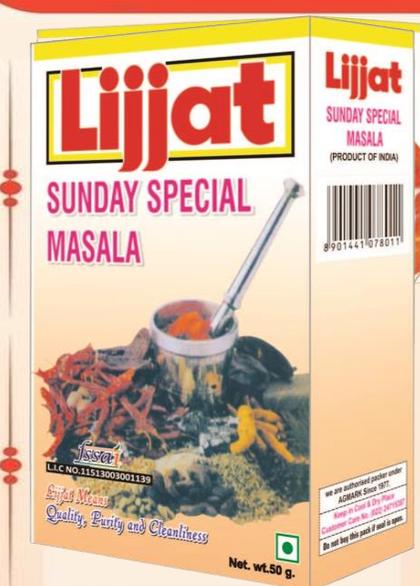
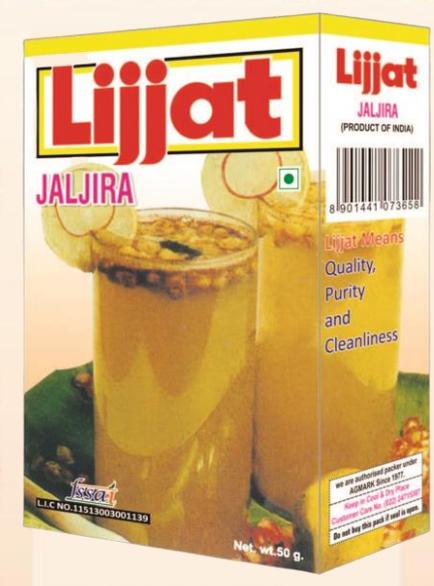
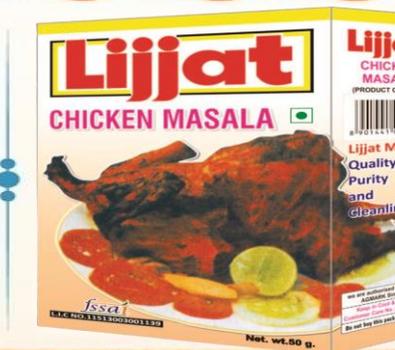
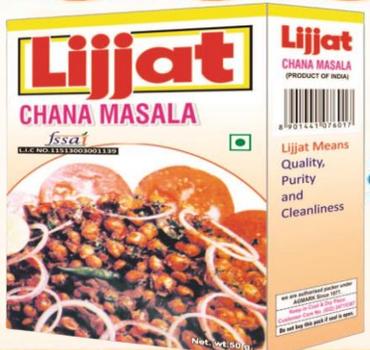
Best Industry
ROI.

You should
have your own
godown.

All
manufacturing
defects will be
replaced at
invoice value.

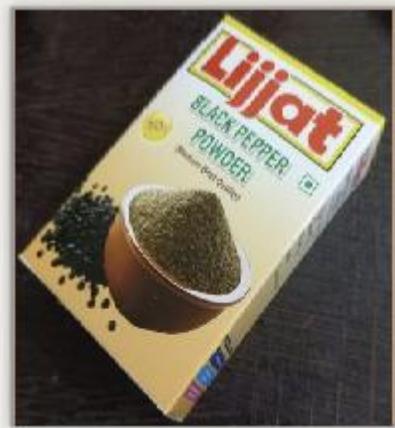
Start your
business with
Rs 425000.00.

Own
supply vehicle
with driver.





Lijjat
Garlic Papad
200 gr





ADVERTISING

Support for Brand Imaging

The company will provide you all types of advertising & branding support that's helpful to build a successful business. It will also help you to achieve your business target.

- Social Media
- News Paper Ads.
- Bus Panel Branding
- Hoarding on Prime Location
- Demo Van's
- Television Commercials

MEDIA

BUDGET

STRATEGY

PLANNING







AGMARK
PRODUCT OF INDIA



Lijjat®

CORIANDER POWDER

STANDARD GRADE

धणे पावडर
स्टॅंडर्ड ग्रेड

Manufactured & Packed by :

**SHRI MAHILA GRIHA UDYOG LIJJAT PAPAD
MASALA DIVISION**

(RECOGNISED BY KHADI & VILLAGE INDUSTRIES COMMISSION)

214, MILAN INDUSTRIAL ESTATE, T. J. ROAD, COTTON GREEN, MUMBAI 400 033, MAHARASHTRA, INDIA.
TEL. : 91-22-24710265 Email : lijjatmsl@gmail.com
CUSTOMER CARE TEL No. : 91-22-24715387

REGISTERED OFFICE :

ORACLE POINT, 3rd FLOOR, OPP. BANDRA RAILWAY STN.
BANDRA (WEST), MUMBAI 400 050, MAHARASHTRA, INDIA.
TEL. : 26554021 Email : enquiry@lijjat.com



एगमार्क

लिज्जत

धनिया पावडर

स्टॅंडर्ड ग्रेड

Ingredient : Whole Coriander

Lijjat Coriander Powder is made from best quality whole coriander. This gives pleasant fragrance. Lijjat Coriander Powder is fine grade and high quality.

Free from added artificial colour & preservatives.

To retain the freshness, Transfer the product to an Airtight Container. Keep in Cool & Dry Place

NUTRITION FACTS

Per 100g Product (Approx.)

Calories 447	Calories from Fat 159.12
Total Fat	17.68 g
Saturated Fat	1.16 g
Cholesterol	0 g
Sodium	23.7 mg
Total Carbohydrates	57.53 g
Dietary Fibre	56.43 g
Sugar	0.5 g
Protein	14.49 g
Vitamin A	0 g
Vitamin C	0.003 mg
Calcium (Ca)	52.7 mg
Iron (Fe)	10.5 mg

Percent Value are Based on 2000 calorie diet, your Daily values may be higher or lower depending on your calorie needs.

We are Authorised Packers under Agmark Since 1977.

श्री महिला गृह उद्योग लिज्जत पापड

(खादी आणि ग्रामोद्योग द्वारा पान्य)

२१४, मिलान इंडस्ट्रियल ईस्टेट, कॉन्टेन प्रौद्योगिकी
मुंबई ४०००३३.

Esal Lic No. 11513003001139



AGMARK

Lijjat®

OUR OTHER AGMARK PRODUCTS

TRADITIONAL MASALA

- Guntur Hot Chilli Powder
- Premium Chilli Powder
- Kashmiri Chilli Powder
- Turmeric Powder
- Cumin Powder
- Black Pepper Powder

BLENDED READYMIX MASALA

- Garam Masala
- Tea Masala
- Pav Bhaji Masala
- Punjabi Chhole Masala
- Chana Masala
- Chat Masala
- Shahi Garam Masala
- Biryani Pulav Masala
- Sambar Masala
- Pani Puri Masala
- Jaljeera Powder
- Special Sunday Masala
- Fish Masala
- Chicken Masala
- Meat Masala

GRADE : Standard
NET WEIGHT : 500g (17.63 oz)

LOT No.

DATE OF PACKING

MAX. RETAIL PRICE Rs.
(INCLUSIVE OF ALL TAXES)

BEST BEFORE 12 MONTHS
FROM THE DATE OF PACKING.

WR/QS/01/18/N

973325



Lijjat Coriander Powder 500 g

Coriander or Dhaniya powder is an essential part of every kitchen. Made by crushing dried coriander seeds, this spice lends a citrusy flavour and aroma to various dishes. Enhance the taste of your cuisine by adding Lijjat Coriander Powder. Buy this product online today.

Disclaimer:

Despite our attempts to provide you with the most accurate information possible, the actual packaging, ingredients and colour of the product may sometimes vary. Please read the label, directions and warnings carefully before use.

Features & Details**Oomphs up the dish****Product Information General Information**

Brand	Lijjat Papad
Manufacturer	Shri Mahila Griha Udyog
Manufacturer Email	info@lijjatmasala.com
Manufacturer Website	www.lijjatmasala.com
Customer Care Phone	9967558255
Country of Origin	India
Manufacturer	Shri Mahila Griha Udyog Lijjat Papad.(Recognised By Khadi & Village Industries Commission)Masala Division)
Address	214,Milan Indstiral Estate, T.J.Road, Cottongreen, Mumbai-400033.

Food Type Product Details

Allergen	No
FSSAI Approved	Yes
Preservation Type	Dry
Added Preservatives	Yes
Place of Storage & temperature	Dry - Below 30°C
Veg/Non-Veg FSSAI declaration logo	Veg
Cuisine	Indian
Flavour	Spices
Ingredients	Whole Spices

Usage Details

Product Form	Powder
Organic	No
Speciality	No Artificial Colours
Package Type	Pouch
Is Product Expirable	Yes
Contains Liquid Contents?	No
Is the Item Heat Sensitive?	Yes

Legal Disclaimer

Despite our attempts to provide you with the most accurate information possible, the actual packaging, ingredients and colour of the product may sometimes vary. Please read the label, directions and warnings carefully before use.



Jssai

Lic No.

11513003001139

**Best Before
12 Months From
Packaging/Manufacture**

Ingredient : Whole Coriander

NUTRITION FACTS

Per 100g Product (Approx.)

Calories	447	Calories from Fat	159.12
Total Fat	17.68 g		
Saturated Fat	1.16 g		
Cholesterol	0 g		
Sodium	23.7 mg		
Total Carbohydrates	57.53 g		
Dietary Fibre	56.43 g		
Sugar	0.5 g		
Protein	14.49 g		
Vitamin A	0 g		
Vitamin C	0.003 mg		
Calcium (Ca)	52.7 mg		
Iron (Fe)	10.5 mg		

Percent Value are Based on 2000 calorie diet,
your Daily values may be higher or lower
depending on your calorie needs.

Manufactured & Packed by :

SHRI MAHILA GRIHA UDYOG LIJJAT PAPAD
MASALA DIVISION

(RECOGNISED BY KHADI & VILLAGE INDUSTRIES COMMISSION)

214, MILAN INDUSTRIAL ESTATE, T. J. ROAD, COTTON GREEN, MUMBAI 400 033, MAHARASHTRA, INDIA.



AGMARK
PRODUCT OF INDIA

Lijjat® 

GUNTUR HOT CHILLI POWDER
STANDARD GRADE

तिखट मिरची पावडर
स्टॅंडर्ड ग्रेड

Manufactured & Packed by :

SHRI MAHILA GRIHA UDYOG LIJJAT PAPAD
MASALA DIVISION

(RECOGNISED BY KHADI & VILLAGE INDUSTRIES COMMISSION)

214, MILAN INDUSTRIAL ESTATE, T. J. ROAD, COTTON GREEN, MUMBAI 400 033, MAHARASHTRA, INDIA.

TEL : 91-22-24716265 Email : ljjatms@gmail.com

CUSTOMER CARE TEL No. : 91-22-24715387

REGISTERED OFFICE :

ORACLE POINT, 3rd FLOOR, OPP BANDRA RAILWAY STN,
BANDRA (WEST), MUMBAI 400 050, MAHARASHTRA, INDIA.

TEL : 26554021 Email : enquiry@ljjat.com



एगमार्क

लिज्जत

तिखा मिर्च पावडर
स्टॅंडर्ड ग्रेड

Ingredient :
Whole Guntur Chilli

Lijjat Guntur Hot Chilli Powder is made from best quality whole Chilli. Dried and stem removed chilli are used for grinding. It is hot and spicy, Red colour Fine Powder. Free from added colour, salt, oil and preservatives.

To retain the freshness, Transfer the product to an Airtight Container. Keep in Cool & Dry Place

NUTRITION FACTS
Per 100g Product (Approx.)

Calories	401.3	Calories from Fat	83.7
Total Fat	9.3 g		
Saturated Fat	1.8 g		
Cholesterol	0 g		
Sodium (Na)	55.9 mg		
Total Carbohydrates	64.5 g		
Dietary Fibre	43.6 g		
Sugar	0 g		
Protein	14.9 g		
Vitamin A	7.5 mg		
Vitamin C	1.8 mg		
Calcium (Ca)	103.4 mg		
Iron (Fe)	6.5 mg		

Percent Value are Based on 2000 calorie diet, your Daily values may be higher or lower depending on your calorie needs.

We are Authorised Packers under Agmark Since 1977.

श्री महिला गृह उद्योग लिज्जत पापड

(खादी आणि ग्रामोद्योग द्वारा मान्य)

२१४, मिलान इंडियल ईस्टेट, कॉटन ग्रीन, मुंबई ४०००३३.

Agmark Lic No. 11513003001139



AGMARK

Lijjat®

OUR OTHER AGMARK PRODUCTS

TRADITIONAL MASALA

- Premium Chilli Powder
- Kashmiri Chilli Powder
- Turmeric Powder
- Coriander Powder
- Cumin Powder
- Black Pepper Powder

BLENDED READYMIX MASALA

- Garam Masala
- Chana Masala
- Pav Bhaji Masala
- Sambar Masala
- Shahi Garam Masala
- Sp. Sunday Masala
- Biryani Pulav Masala
- Tea Masala
- Chat Masala
- Pani Puri Masala
- Jaljeera Powder
- Fish Masala
- Meat Masala
- Chicken Masala
- Punjabi Chhole Masala

GRADE : Standard
NET WEIGHT : 200g (7.05 oz)

LOT No. :
DATE OF PACKING :
MAX. RETAIL PRICE Rs. :
(INCLUSIVE OF ALL TAXES)

BEST BEFORE 12 MONTHS
FROM THE DATE OF PACKING.

WR/QS/09/17/M

71136



Lijjat Guntur Hot Chilli Powder 500 g

Chilli or Mirch is an essential ingredient in Indian cuisine. Lijjat Guntur Hot Chilli Powder is prepared from dried red chillies which give pungency and flavour to savoury veg and non-veg curry. Add a teaspoon of this powder to enhance the spice-quotient in your meal. Buy this product online today.

Disclaimer:

Despite our attempts to provide you with the most accurate information possible, the actual packaging, ingredients and colour of the product may sometimes vary. Please read the label, directions and warnings carefully before use.

Features & Details

Adds a pungent and spicy touch to the dish

Product Information General Information

Brand	Lijjat Papad
Manufacturer	Shri Mahila Griha Udyog
Manufacturer Email	info@lijjatmasala.com
Manufacturer Website	www.lijjatmasala.com
Customer Care Phone	9967558255
Country of Origin	India
Manufacturer	Shri Mahila Griha Udyog Lijjat Papad.(Recognised By Khadi & Village Industries Commission)Masala Division)
Address	214,Milan Indstiral Estate, T.J.Road, Cottongreen, Mumbai-400033.

Food Type Product Details

Allergen	No
FSSAI Approved	Yes
Preservation Type	Dry
Added Preservatives	Yes
Place of Storage & temperature	Dry - Below 30°C
Veg/Non-Veg FSSAI declaration logo	Veg
Cuisine	Indian
Flavour	Spices
Ingredients	Whole Spices

Usage Details

Product Form	Powder
Organic	No
Speciality	No Artificial Colours
Package Type	Pouch
Is Product Expirable	Yes
Contains Liquid Contents?	No
Is the Item Heat Sensitive?	Yes

Legal Disclaimer

Despite our attempts to provide you with the most accurate information possible, the actual packaging, ingredients and colour of the product may sometimes vary. Please read the label, directions and warnings carefully before use.



Jssai

Lic No.

11513003001139

**Best Before
12 Months From
Packaging/Manufacture**

**Ingredient :
Whole Guntur Chilli**

NUTRITION FACTS
Per 100g Product (Approx.)

Calories	401.3	Calories from Fat	83.7
Total Fat	9.3 g		
Saturated Fat	1.8 g		
Cholesterol	0 g		
Sodium (Na)	55.9 mg		
Total Carbohydrates	64.5 g		
Dietary Fibre	43.6 g		
Sugar	0 g		
Protein	14.9 g		
Vitamin A	7.5 mg		
Vitamin C	1.8 mg		
Calcium (Ca)	103.4 mg		
Iron (Fe)	6.5 mg		

Percent Value are Based on 2000 calorie diet, your Daily values may be higher or lower depending on your calorie needs.

Manufactured & Packed by :

SHRI MAHILA GRIHA UDYOG LIJJAT PAPAD
MASALA DIVISION

(RECOGNISED BY KHADI & VILLAGE INDUSTRIES COMMISSION)

214, MILAN INDUSTRIAL ESTATE, T. J. ROAD, COTTON GREEN, MUMBAI 400 033, MAHARASHTRA, INDIA.



AGMARK
PRODUCT OF INDIA

Lijjat®

CUMIN POWDER
STANDARD GRADE

जीरा पावडर स्टॅण्डर्ड ग्रेड

Manufactured & Packed by :

**SHRI MAHILA GRIHA UDYOG LIJJAT PAPAD
MASALA DIVISION**

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214, MILAN INDUSTRIAL ESTATE, T. J. ROAD, COTTON GREEN, MUMBAI 400 033, MAHARASHTRA, INDIA.

TEL. : 91-22-24710265 Email : lijjatmsl@gmail.com

CUSTOMER CARE TEL No. : 91-22-24715387

REGISTERED OFFICE :

ORACLE POINT, 3rd FLOOR, OPP. BANDRA RAILWAY STN,
BANDRA (WEST), MUMBAI 400 050, MAHARASHTRA, INDIA.

TEL.: 26554021 Email : enquiry@lijjat.com



एगमार्क

लिज्जत

जीरा पावडर
स्टॅण्डर्ड ग्रेड

Ingredient : Whole Cumin

Lijjat Cumin Powder is made from best quality Whole Cumin Seeds. Lijjat Cumin Powder is fine grade and high quality.

Free from added artificial colour & preservatives.

To retain the freshness, Transfer the product to an Airtight Container. Keep in Cool & Dry Place

NUTRITION FACTS

Per 100g Product (Approx.)

Calories 458	Calories from Fat 196
Total Fat	21.76 g
Saturated Fat	2.19 g
Cholesterol	0 g
Sodium	0.13 g
Total Carbohydrates	47.60 g
Dietary Fibre	42.66 g
Sugar	0.5 g
Protein	18.04 g
Vitamin A	0 g
Vitamin C	0.01 mg
Calcium (Ca)	0.40 g
Iron (Fe)	6.3 mg

Percent Value are Based on 2000 calorie diet, your Daily values may be higher or lower depending on your calorie needs.

We are Authorised Packers under Agmark Since 1977.

श्री महिला गृह उद्योग लिज्जत पापड

(खार्दी आणि ग्रामोद्योग द्वारा पावड)

२१४, मिलान इंडस्ट्रियल इस्टेट, कॉटन ग्रीन, मुंबई ४०००३३.

AGMARK Lic No. 11513003001139



AGMARK

Lijjat

OUR OTHER AGMARK PRODUCTS

TRADITIONAL MASALA

- Guntur Hot Chilli Powder
- Premium Chilli Powder
- Kashmiri Chilli Powder
- Coriander Powder
- Turmeric Powder
- Black Pepper Powder

BLENDED READYMIX MASALA

GRADE : Standard
NET WEIGHT : 100g (3.5 oz)
LOT No. :
DATE OF PACKING :
MAX. RETAIL PRICE Rs. :
(INCLUSIVE OF ALL TAXES)

**BEST BEFORE 12 MONTHS
FROM THE DATE OF PACKING.**

WR/QS/04/19/S

733203



8 901441 056217



Lijjat Cumin Powder 500 g

Cumin Powder is a strong spice powder that adds additional taste to food preparations. It is not just known for its flavour-enhancing quotient but also for its medicinal benefits. Use Lijjat Cumin Powder to give your dish a strong flavour and aroma. Buy this product online today.

Disclaimer:

Despite our attempts to provide you with the most accurate information possible, the actual packaging, ingredients and colour of the product may sometimes vary. Please read the label, directions and warnings carefully before use.

Features & Details

Lends a pungent taste

Product Information General Information

Brand	Lijjat Papad
Manufacturer	Shri Mahila Griha Udyog
Manufacturer Email	info@lijjatmasala.com
Manufacturer Website	www.lijjatmasala.com
Customer Care Phone	9967558255
Country of Origin	India
Manufacturer	Shri Mahila Griha Udyog Lijjat Papad.(Recognised By Khadi & Village Industries Commission)Masala Division)
Address	214,Milan Indstiral Estate, T.J.Road, Cottongreen, Mumbai-400033.

Food Type Product Details

Allergen	No
FSSAI Approved	Yes
Preservation Type	Dry
Added Preservatives	Yes
Place of Storage & temperature	Dry - Below 30°C
Veg/Non-Veg FSSAI declaration logo	Veg
Cuisine	Indian
Flavour	Spices
Ingredients	Whole Spices

Usage Details

Product Form	Powder
Organic	No
Speciality	No Artificial Colours
Package Type	Pouch
Is Product Expirable	Yes
Contains Liquid Contents?	No
Is the Item Heat Sensitive?	Yes

Legal Disclaimer

Despite our attempts to provide you with the most accurate information possible, the actual packaging, ingredients and colour of the product may sometimes vary. Please read the label, directions and warnings carefully before use.



Jssai

Lic No.

11513003001139

**Best Before
12 Months From
Packaging/Manufacture**

Ingredient : Whole Cumin

NUTRITION FACTS

Per 100g Product (Approx.)

Calories 458	Calories from Fat 196
Total Fat	21.76 g
Saturated Fat	2.19 g
Cholesterol	0 g
Sodium	0.13 g
Total Carbohydrates	47.60 g
Dietary Fibre	42.66 g
Sugar	0.5 g
Protein	18.04 g
Vitamin A	0 g
Vitamin C	0.01 mg
Calcium (Ca)	0.40 g
Iron (Fe)	6.3 mg

Percent Value are Based on 2000 calorie diet, your Daily values may be higher or lower depending on your calorie needs.

Manufactured & Packed by :

SHRI MAHILA GRIHA UDYOG LIJJAT PAPAD
MASALA DIVISION

(RECOGNISED BY KHADI & VILLAGE INDUSTRIES COMMISSION)

214, MILAN INDUSTRIAL ESTATE, T. J. ROAD, COTTON GREEN, MUMBAI 400 033, MAHARASHTRA, INDIA.

AGMARK
CA No. AP-20717



NET WT.
500g



PRODUCT OF INDIA

Lijjat®

PREMIUM

CHILLI POWDER

Standard grade

प्रिमियम मिर्ची पावडर



Manufactured & Packed by

**SHRI MAHILA GRIHA UDYOG LIJJAT PAPAD
MASALA DIVISION**

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214, MILAN INDUSTRIAL ESTATE, T. J. ROAD, COTTON GREEN, MUMBAI 400 633, MAHARASHTRA, INDIA.
TEL : 91-22-24716265 Email : lijjatmsd@gmail.com
CUSTOMER CARE TEL No. : 91-22-24735387

REGISTERED OFFICE :

ORACLE POINT, 3rd FLOOR, OPP. BANDRA RAILWAY STN. SANDRA (W), MUMBAI 401 050, MAHARASHTRA, INDIA.
TEL : 28554021 Email : enquiry@ljjat.com



एगमार्क

लिज्जत

प्रिमियम मिर्च पावडर

स्टॅंडर्ड ग्रेड

Ingredient : Whole Chilli

Lijjat Premium Chilli Powder is blend of 30% Bedgi & 70% of Guntur Chilli. Dried and long stem removed chilli are used for grinding. The colour of powder is reddish. It tastes medium hot & spicy.

Free from added colour, salt, oil and preservatives.

To retain the freshness, Transfer the product to an Airtight Container. Keep in Cool & Dry Place

NUTRITION FACTS Per 100g Product (Approx.)

Calories 426	Calories from Fat 140
Total Fat	15.57 g
Saturated Fat	1.93 g
Cholesterol	0 g
Sodium	13 mg
Total Carbohydrates	54.63 g
Dietary Fibre	48.75 g
Sugar	0 g
Protein	17 g
Vitamin A	19.6 mg
Vitamin C	0.004 mg
Calcium (Ca)	79 mg
Iron (Fe)	9 mg

Percent Value are Based on 2000 calorie diet. your Daily values may be higher or lower depending on your calorie needs.

We are Authorised Packers under Agmark Since 1977.

श्री महिला गृह उद्योग लिज्जत पापड

(खादी आणि ग्रामोद्योग द्वारा मान्य)

२१४, मिलन इंडस्ट्रियल एस्टेट,

कॉटन ग्रीन, मुंबई ४०००३३.

Agmark Lic No. 11513003001139



AGMARK

Lijjat®

OUR OTHER AGMARK PRODUCTS

TRADITIONAL MASALA

- Guntur Hot Chilli Powder
- Kashmiri Chilli Powder
- Turmeric Powder
- Coriander Powder
- Cumin Powder
- Black Pepper Powder

BLENDED READYMIX MASALA

- Garam Masala
- Tea Masala
- Pav Bhaji Masala
- Punjabi Chhole Masala
- Chana Masala
- Chat Masala
- Shahi Garam Masala
- Biryani Pulav Masala
- Sambar Masala
- Pani Puri Masala
- Jaljeera Powder
- Special Sunday Masala
- Fish Masala
- Chicken Masala
- Meat Masala

GRADE : Standard
NET WEIGHT : 500g (17.63 oz)
LOT No. :
DATE OF PACKING :
MAX. RETAIL PRICE Rs. :
(INCLUSIVE OF ALL TAXES)

BEST BEFORE 12 MONTHS
FROM THE DATE OF PACKING.

WR/QS/01/18/N

821949



8 901441 052226

Lijjat Premium Chilli Powder 500 g

Chilli Powder is one of the principal spices of Indian cuisine. Lijjat Premium Chilli Powder adds a spicy flavour and rich colour to boiled vegetable dishes, chicken and fish curries. Buy this product online today.

Disclaimer:

Despite our attempts to provide you with the most accurate information possible, the actual packaging, ingredients and colour of the product may sometimes vary. Please read the label, directions and warnings carefully before use.

Features & Details

Made from choicest chillies

Product Information General Information

Brand	Lijjat Papad
Manufacturer	Shri Mahila Griha Udyog
Manufacturer Email	info@lijjatmasala.com
Manufacturer Website	www.lijjatmasala.com
Customer Care Phone	9967558255
Country of Origin	India
Manufacturer	Shri Mahila Griha Udyog Lijjat Papad.(Recognised By Khadi & Village Industries Commission)Masala Division)
Address	214,Milan Indstiral Estate, T.J.Road, Cottongreen, Mumbai-400033.

Food Type Product Details

Allergen	No
FSSAI Approved	Yes
Preservation Type	Dry
Added Preservatives	Yes
Place of Storage & temperature	Dry - Below 30°C
Veg/Non-Veg FSSAI declaration logo	Veg
Cuisine	Indian
Flavour	Spices
Ingredients	Whole Spices

Usage Details

Product Form	Powder
Organic	No
Speciality	No Artificial Colours
Package Type	Pouch
Is Product Expirable	Yes
Contains Liquid Contents?	No
Is the Item Heat Sensitive?	Yes

Legal Disclaimer

Despite our attempts to provide you with the most accurate information possible, the actual packaging, ingredients and colour of the product may sometimes vary. Please read the label, directions and warnings carefully before use.

Ingredient : Whole Chilli



fssai

Lic No.

11513003001139

**Best Before
12 Months From
Packaging/Manufacture**

NUTRITION FACTS

Per 100g Product (Approx.)

Calories 426	Calories from Fat 140
Total Fat	15.57 g
Saturated Fat	1.93 g
Cholesterol	0 g
Sodium	13 mg
Total Carbohydrates	54.63 g
Dietary Fibre	48.75 g
Sugar	0 g
Protein	17 g
Vitamin A	19.6 mg
Vitamin C	0.004 mg
Calcium (Ca)	79 mg
Iron (Fe)	9 mg

Percent Value are Based on 2000 calorie diet, your Daily values may be higher or lower depending on your calorie needs.

Manufactured & Packed by :

SHRI MAHILA GRIHA UDYOG LIJJAT PAPAD
MASALA DIVISION

(RECOGNISED BY KHADI & VILLAGE INDUSTRIES COMMISSION)

214, MILAN INDUSTRIAL ESTATE, T. J. ROAD, COTTON GREEN, MUMBAI 400 033, MAHARASHTRA, INDIA.



AGMARK
PRODUCT OF INDIA



Lijjat®

TURMERIC POWDER
STANDARD GRADE

हळद पावडर
स्टॅंडर्ड ग्रेड

Manufactured & Packed by :

SHRI MAHILA GRIHA UDYOG LIJJAT PAPAD
MASALA DIVISION

(RECOGNISED BY KHADI & VILLAGE INDUSTRIES COMMISSION)

214, MILAN INDUSTRIAL ESTATE, T. J. ROAD, COTTON GREEN, MUMBAI 400 033, MAHARASHTRA, INDIA.
TEL : 91-22-24710265 Email : lijjatmsl@gmail.com
CUSTOMER CARE TEL No. : 91-22-24715387

REGISTERED OFFICE :

ORACLE POINT, 3rd FLOOR, OPP. BANDRA RAILWAY STN.
BANDRA (WEST), MUMBAI 400 050, MAHARASHTRA, INDIA.
TEL : 26554021 Email : enquiry@lijjat.com



एगमार्क

लिज्जत
हलदी पावडर
स्टॅंडर्ड ग्रेड

Ingredient : Whole Turmeric

Lijjat Turmeric Powder is the perfect blend of Rajapuri and Salem quality turmeric. This gives pleasant fragrance and high value of Curcumin. Lijjat Turmeric Powder is fine grade and high quality.

Free from added colour and preservatives

To retain the freshness, Transfer the product to an Airtight Container. Keep in Cool & Dry Place

NUTRITION FACTS

Per 100g Product (Approx.)

Calories	358	Calories from Fat	32.58
Total Fat	3.62 g		
Saturated Fat	0.37 g		
Cholesterol	0 g		
Sodium	14.6 mg		
Total Carbohydrates	72.16 g		
Dietary Fibre	32.59 g		
Sugar	0.5 g		
Protein	9.67 g		
Vitamin A	0 g		
Vitamin C	0.04 mg		
Calcium (Ca)	92.6 mg		
Iron (Fe)	11.1 mg		

Percent Value are Based on 2000 calorie diet, your Daily values may be higher or lower depending on your calorie needs.

We are Authorised Packers under Agmark Since 1977.

श्री महिला गृह उद्योग लिज्जत पापड
(खदी आणि ग्रामोद्योग द्वारा मान्य)

२१४, मिलान इंडस्ट्रियल ईस्टेट, कॉटन ग्रीन,
मुंबई ४०००३३.

Agmark Lic No. 11513003001139



AGMARK

Lijjat®

OUR OTHER AGMARK PRODUCTS

TRADITIONAL MASALA

- Guntur Hot Chilli Powder
- Premium Chilli Powder
- Kashmiri Chilli Powder
- Coriander Powder
- Cumin Powder
- Black Pepper Powder

BLENDED READYMIX MASALA

- Garam Masala
- Tea Masala
- Pav Bhaji Masala
- Punjabi Chhole Masala
- Chana Masala
- Chat Masala
- Shahi Garam Masala
- Biryani Pulav Masala
- Sambar Masala
- Pani Puri Masala
- Jaljeera Powder
- Special Sunday Masala
- Fish Masala
- Chicken Masala
- Meat Masala

GRADE : Standard
NET WEIGHT : 500g (17.63 oz)

LOT No. :
DATE OF PACKING :
MAX. RETAIL PRICE Rs. :
(INCLUSIVE OF ALL TAXES)

BEST BEFORE 12 MONTHS
FROM THE DATE OF PACKING.

WR/QS/01/19/R

915585



8 901441 4034257



Lijjat Turmeric Powder 500 g

Turmeric Powder or Haldi Powder is an essential ingredient in Indian cuisines. Lijjat Turmeric Powder is not only used for its flavour and aroma but also for its health benefits. It has antiseptic qualities as well as properties of flavouring agent and is also a natural beauty aid. It gives musky flavour and yellow colour to curries. Buy this product online today.

Disclaimer:

Despite our attempts to provide you with the most accurate information possible, the actual packaging, ingredients and colour of the product may sometimes vary. Please read the label, directions and warnings carefully before use.

Features & Details

Rich aroma

Product Information General Information

Brand	Lijjat Papad
Manufacturer	Shri Mahila Griha Udyog
Manufacturer Email	info@lijjatmasala.com
Manufacturer Website	www.lijjatmasala.com
Customer Care Phone	9967558255
Country of Origin	India
Manufacturer	Shri Mahila Griha Udyog Lijjat Papad.(Recognised By Khadi & Village Industries Commission)Masala Division)
Address	214,Milan Indstiral Estate, T.J.Road, Cottongreen, Mumbai-400033.

Food Type Product Details

Allergen	No
FSSAI Approved	Yes
Preservation Type	Dry
Added Preservatives	Yes
Place of Storage & temperature	Dry - Below 30°C
Veg/Non-Veg FSSAI declaration logo	Veg
Cuisine	Indian
Flavour	Spices
Ingredients	Whole Spices

Usage Details

Product Form	Powder
Organic	No
Speciality	No Artificial Colours
Package Type	Pouch
Is Product Expirable	Yes
Contains Liquid Contents?	No
Is the Item Heat Sensitive?	Yes

Legal Disclaimer

Despite our attempts to provide you with the most accurate information possible, the actual packaging, ingredients and colour of the product may sometimes vary. Please read the label, directions and warnings carefully before use.



Jssai

Lic No.

11513003001139

**Best Before
12 Months From
Packaging/Manufacture**

Ingredient : Whole Turmeric

NUTRITION FACTS

Per 100g Product (Approx.)

Calories	358	Calories from Fat	32.58
Total Fat			3.62 g
Saturated Fat			0.37 g
Cholesterol			0 g
Sodium			14.6 mg
Total Carbohydrates			72.16 g
Dietary Fibre			32.59 g
Sugar			0.5 g
Protein			9.07 g
Vitamin A			0 g
Vitamin C			0.04 mg
Calcium (Ca)			92.6 mg
Iron (Fe)			11.1 mg

Percent Value are Based on 2000 calorie diet, your Daily values may be higher or lower depending on your calorie needs.

Manufactured & Packed by :

SHRI MAHILA GRIHA UDYOG LIJJAT PAPAD
MASALA DIVISION

(RECOGNISED BY KHADI & VILLAGE INDUSTRIES COMMISSION)

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लिज्जत

बिरयानी-पुलाव मसाला ALU GOBI KI TAHARI

Ingredients :- Pulav Rice 400 gsm.
Potatoes (diced) 200 gms. Cauliflower
(flowerettes) 200 gms. Oil 60 ml. **LIJJAT
BIRYANI - PULAV MASALA** 2 tbsp. Whole
Garam Masala as needed. Salt as needed.
Coriander leaves 4 Springs.

Method :- Heat Oil, add whole Garam
Masala and brown. Add drained rice,
Potatoes and Cauliflower. Add **LIJJAT
BIRYANI PULAV MASALA** and fry lightly. Add hot water (double the
quality of rice). add salt to taste, toss lightly and serve hot. Garnish with
chopped coriander leaves.

आलू गोबी की तहारी

विधि :- पुलाव राईस ४०० ग्राम, आलू २०० ग्राम, तेल ६० मि.ली.
लिज्जत बिरयानी-पुलाव मसाला २ छोटे चम्मच, गरम मसाला स्वाद
अनुसार, नमक स्वाद अनुसार, हरा धनीया ४ डंठल.

बध्दर :- गरम तेल में गरम मसाला डालकर उसे लाल होने दे। चावल (धोकर
गले हुए), आलू और फुल गोबी भी मिलाइए। लिज्जत बिरयानी पुलाव
मसाला डालकर धीमी आंच पर गरम करे। गरम पानी मिलाएं (चावल से
दुगना), नमक स्वाद अनुसार, अब ढक कर उसे धीमी आंच पर रखें। गरम
मसाला थोड़ासा मिलाकर घोलिए। ऊपर से हरा धनीया डालकर परोसें।

NUTRITION INFORMATION

Per 100 g. Approx	RESULTS	PERCENT
Calories	337	Daily
Calories for Fat	108.9	Values are based on
Total Fat	12.1g	2000
Saturated Fat	1.2g	calorie
Cholesterol	Absent	diet.
Sodium (Na)	92.3mg	Your daily
Total Carbohydrate	45.45g	values may
Dietary Fibre	43.5g	be higher
Sugar	Absent	or lower
Protein (N x 6.25)	11.45g	depending
Vitamin A	Absent	on your
Vitamin C	0.03mg	calorie
Calcium	586.3mg	needs.
Iron	35.6mg	

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CHANA MASALA

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लिज्जत

चना मसाला CHANA PINDI

Ingredients :- Black Chana 200 gms. Soda bicarbonate $\frac{1}{4}$ tsp. LIJJAT CHANA MASALA 4 tsp. Oil 3 tsp. Onion 3 nos. Tomatoes 2 nos. Ginger/Garlic Paste 2 tsp. Spinach (puree) 2 bunches Methi leaves few springs Coriander leaves 4 springs, Salt as needed.

Method :- Wash and Soak gram overnight with soda bicarbonate. Cook gram till tender. Heat Oil, fry chopped onions. Add chopped tomatoes, ginger/garlic paste and LIJJAT CHANA MASALA. Add cooked gram, spinach puree and methi leaves. Finish with Salt and cook till done. Served hot garnished with chopped coriander leaves.

चना पिंडी

सामग्री :- काला चना २०० ग्राम, सोडा बायकार्बोनेट $\frac{1}{4}$ चम्मच, लिज्जत चना मसाला ४ छोटे चम्मच, तेल ३ छोटे चम्मच, प्याज (कटे हुए) ३, टमाटर (कटे हुए) ३, अदरक, लहसुन (पिसी हुई) २ छोटे चम्मच, मेथी की पत्ती थोड़ी-सी, पालक (उबालकर पिसे हुए) २ जुडी, हरा धनिया ४ डंठल, नमक स्वाद अनुसार.

विधि :- १ रात के लिए पानी में चने, सोडा बायकार्बोनेट (खाने का) डालकर भिगोइए। चने पकने तक उबालिए। तेल गरम करके कटे हुए प्याज डालिए। उसमें पके हुए चने, पालक और मेथी की पत्ती डालिए। नमक स्वाद अनुसार, हरा धनिया डालकर परोसिए।

NUTRITION INFORMATION

Per 100 g. Approx	RESULTS	PERCENT
Calories	354.7	Daily
Calories for Fat	128.7	Values are based on
Total Fat	14.3g	2000
Saturated Fat	1.3g	calorie
Cholesterol	Absent	diet.
Sodium (Na)	712.2mg	Your daily
Total Carbohydrate	42.0g	values may
Dietary Fibre	29.8g	be higher
Sugar	Absent	or lower
Protein (N x 6.25)	14.5g	depending
Vitamin A	Absent	on your
Vitamin C	0.002mg	calorie
Calcium	726.5mg	needs.
Iron	19.8mg	

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CHAT MASALA

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लिज्जत

चाट मसाला CHAT MASALA

Recipe :- Sprinkle **LIJJAT CHAT MASALA** over dishes and boil vegetables. Sliced Fruits, Waffers Vegetable Salad, Fruit juices. Tandoori grilled meats. The blend is tasty and delicious. **LIJJAT CHAT MASALA** Combines well with tamarind and green Chutney in all chat preparations.

NUTRITION INFORMATION

Per 100 g. Approx	RESULTS	PERCENT
Calcium	0.095mg	Daily
Calories	276.7	Values are based on
Calories from Fat	75.2	2000
Cholesterol	Absent	calorie
Dietary Fiber	3.48mg	diet.
Iron	0.0018mg	Your daily
Protein (N x 6.25)	0.81mg	values may
Saturated Fat	0.054mg	be higher
Sodium	1.07mg	or lower
Sugar	1.06mg	depending
Total Carbohydrates	4.23mg	on your
Total fat	0.835mg	calorie
Unsaturated Fat	0.781mg	needs.
Vitamin A	Absent	
Vitamin C	16.3mg	

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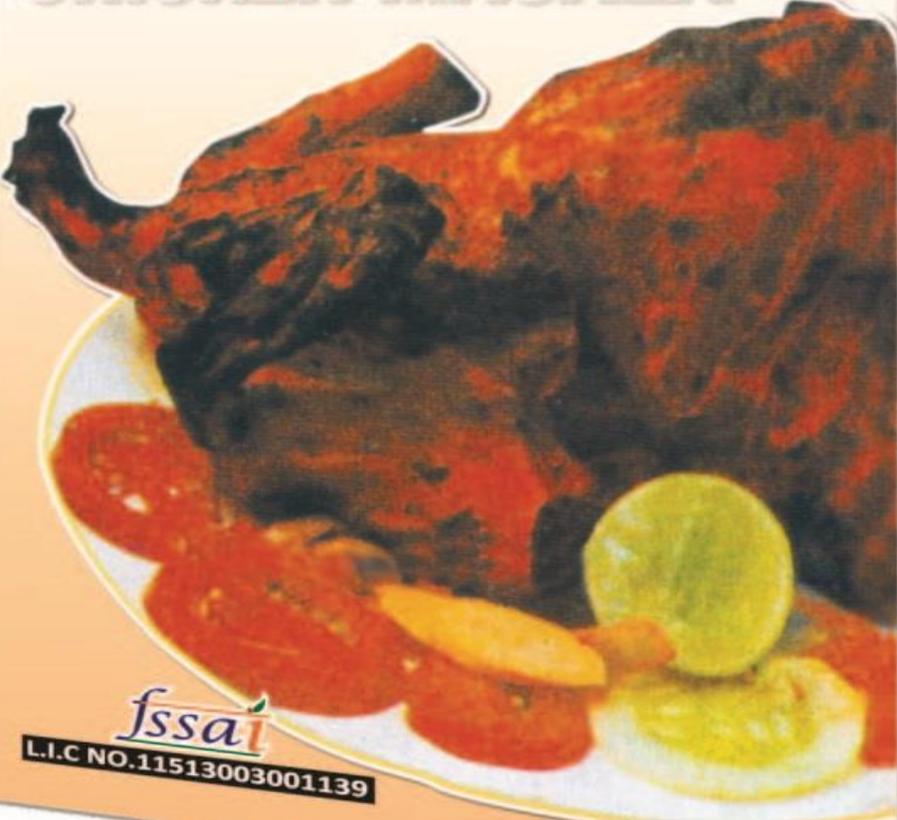
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लिज्जत चाट मसाला इन पर छिडकिए ।

सामग्री :- कटी या उबली हुई सब्जी में, कटे हुए फल, बेफर्स, तरकारियों का सलाद, फलों का रस, तंदूरी या ग्रील मीट पर, लिज्जत चाट मसाला इमली की चटनी या हरी मिर्च की चटनी का स्वाद बढ़ाता है। लिज्जत चाट मसाला स्वादिष्ट और लज्जतदार है।

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CHICKEN MASALA



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लिज्जत

चिकन मसाला TANDOORI CHICKEN

METHOD :- Make fine slits on legs & breast of chicken. Apply lime & salt properly & keep it for 15 min. Then mix with Ginger & Garlic Paste. Add 4 teaspoon **Lijjat Chicken Masala** & thick curd. Keep as it is for atleast 2 hrs. Roast in Butter till well roasted.

TIP :- Lijjat Chicken Masala Makes all type of chicken dishes delicious.

INGREDIENTS :- 1 Full Size Chicken, Buff 100 ml., Lime, Salt, Ginger-Garlic Paste, Curd 100 gsm., **Lijjat Chicken Masala & Lijjat Garam Masala** to taste.

तंदुरी चिकन

सामग्री :- चिकन (पुरा) १, मक्खन १०० मि.ली., नींबु, नमक, अदरक, लहसून, पीसा हुआ, गाढा दही-१०० ग्राम, लिज्जत चिकन मसाला-४ छोटे चमच, लिज्जत गरम मसाला स्वाद अनुसार, टमाटर, हरा धनिया।

विधि :- पुरे चिकन पर तेज छुरी से हलकी चिर कर ले। नींबु और नमक लगाए। १५ मिनट तक रखे। अदरक और लहसुन पीसा हुआ, चार छोटे चम्मच लिज्जत चिकन मसाला और १०० ग्राम गाढा दही चिकन पर लगा दे। इस मिश्रण लगाकर २ घंटे तक रखें। मक्खन डालकर धीमी आंच पर अच्छी तरह पकने तक रखे। स्वाद अनुसार लिज्जत गरम मसाला उपरसे छिडके उपरसे हरा धनिया डाले और सालाड के साथ परोसो।

टिप :- लिज्जत चिकन मसाला से हर प्रकार की चिकन डीश स्वादिष्ट बनती है।

NUTRITION INFORMATION

Per 100 g. Approx	RESULTS	PERCENT
Calories	332.0	Daily
Calories for Fat	122.4	Values are based on
Total Fat	13.6g	2000
Saturated Fat	1.3g	calorie
Cholesterol	Absent 09	diet.
Sodium (Na)	1368.2mg	Your daily
Total Carbohydrate	38.45g	values may
Dietary Fibre	43.2g	be higher
Sugar	Absent	or lower
Protein (N x 6.25)	14.05g	depending
Vitamin A	Absent	on your
Vitamin C	0.04mg	calorie
Calcium	669.8mg	needs.
Iron	22.1mg	

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FISH MASALA



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लिज्जत

फिश मसाला FISH MASALA

Ingredients :- Fish, Oil 100 gms.,
Lijjat Chilly Powder 2 tea spoon, Rice
Flour 4 tea spoon, **LIJJAT FISH
MASALA** 2 tea spoon.

Method :- Clean the fish properly.
Make pieces of fish. Add **LIJJAT FISH
MASALA**, Lijjat Chilly Powder & rice
flour properly. Fry the pieces for 10 minutes on slow flame. It is
ready to serve.

फ्राय फिश

सामग्री :- मछली, तेल १०० ग्रॅम, नमक, लिज्जत मिर्च पावडर २
छोटे चम्मच, नमक स्वादानुसार, चावल का आटा ४ चम्मच, लिज्जत
फिश मसाला २ छोटे चम्मच.

विधि :- नमक लगाए हुए मछली के टुकड़ों को पूरी तरह पानी से
धोकर साफ कर लीजिए। मछली के टुकड़ों को लिज्जत मिर्च पावडर,
लिज्जत फिश मसाला लगाकर बाद में चावल का आटा लगाइए।
मसाला और चावल का आटा लगाए हुए टुकड़ों को तेल में १० मिनट
तक धिमी आंच पर पकने तक रखें। परोसने के लिए तैयार।

NUTRITION INFORMATION

Per 100 g. Approx	RESULTS	PERCENT
Calories	354.3	Daily
Calories for Fat	150.3	Values are
Total Fat	16.7g	based on
Saturated Fat	2.95g	2000
Cholesterol	Absent	calorie
Sodium (Na)	0.35g	diet.
Total Carbohydrate	36.0g	Your daily
Dietary Fibre	41.0g	values may
Sugar	Absent	be higher
Protein (N x 6.25)	15.0g	or lower
Vitamin A	Absent	depending
Vitamin C	Absent	on your
Calcium	3.0g	calorie
Iron	0.015g	needs.
Unsaturated Fat	13.74 g	

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GARAM MASALA

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लिज्जत

गरम मसाला GARAM MASALA

BAIGAN ANARKALI

Ingredients :- Brinjals 200 gms.
Onions 3 nos. Green Chillies 4 nos.
Garlic Paste. 1 tsp. Tomatoes 2 nos.
Curd 50 gms. Oil 2 tbsp. Salt as needed.
Coriander leaves 3 springs. **LIJJAT
GARAM MASALA** ½ tsp. Red
Pomegranate seeds 1 tsp.

Method :- *Roast brinjals in hot ash or oven or tava. Remove skin and mash. *Heat oil, fry finely chopped onions, green chillies and garlic. *Add. chopped tomatoes and curd. *Add mashed brinjals, salt and **LIJJAT GARAM MASALA**. *Finish with chopped raw onions, green chillies, coriander, leaves and pomegranate seeds.

बैंगन अनारकली

विधि :- तवा या ओवन में बैंगन गरम किजीए। (ऊपर का छिलका निकालिए) तेल उबालकर उसमें कटे हुए प्याज, हरी मिर्च और लहसुन डालें। कटे हुए टमाटर और दही मिलाइए। पिसे हुए बैंगन में नमक और लिज्जत गरम मसाला डालिए। कच्चा प्याज, हरी मिर्च, अनार और हरा धनिया डालकर परोसें।

NUTRITION INFORMATION

Per 100 g. Approx	RESULTS	PERCENT
Calories	350.0	Daily
Calories for Fat	147.6	Values are based on
Total Fat	16.4g	2000
Saturated Fat	1.6g	calorie
Cholesterol	Absent	diet.
Sodium (Na)	1174.1mg	Your daily
Total Carbohydrate	35.9g	values may
Dietary Fibre	36.2g	be higher
Sugar	Absent	or lower
Protein (N x 6.25)	14.7g	depending
Vitamin A	Absent	on your
Vitamin C	0.002mg	calorie
Calcium	736.7mg	needs.
Iron	24.2mg	

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JALJIRA

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लिज्जत

जलजीरा JALJIRA

Directions of use :- Add one tea spoon of **LIJJAT JALJIRA MASALA** to a glass of cold water. Stir well. Serve cold topped with boondhi, mint leaves and a slice of lemon.

विधि :- १ ग्लास ठंडे पानी में १ छोटा चम्मच लिज्जत जलजीरा मसाला मिलाकर अच्छी तरह से घोलिए। बुंदी, पुदीना की पत्ती और नींबू का टुकड़ा डालकर ठंडा परोसिए।

काश्मिरी सोडा KASHMIRI SODA

Directions of use :- Add Soda Water to a mixture of lemon juice and **LIJJAT JALJIRA MASALA**. Pour over ice cubes and top with a slice of lemon.

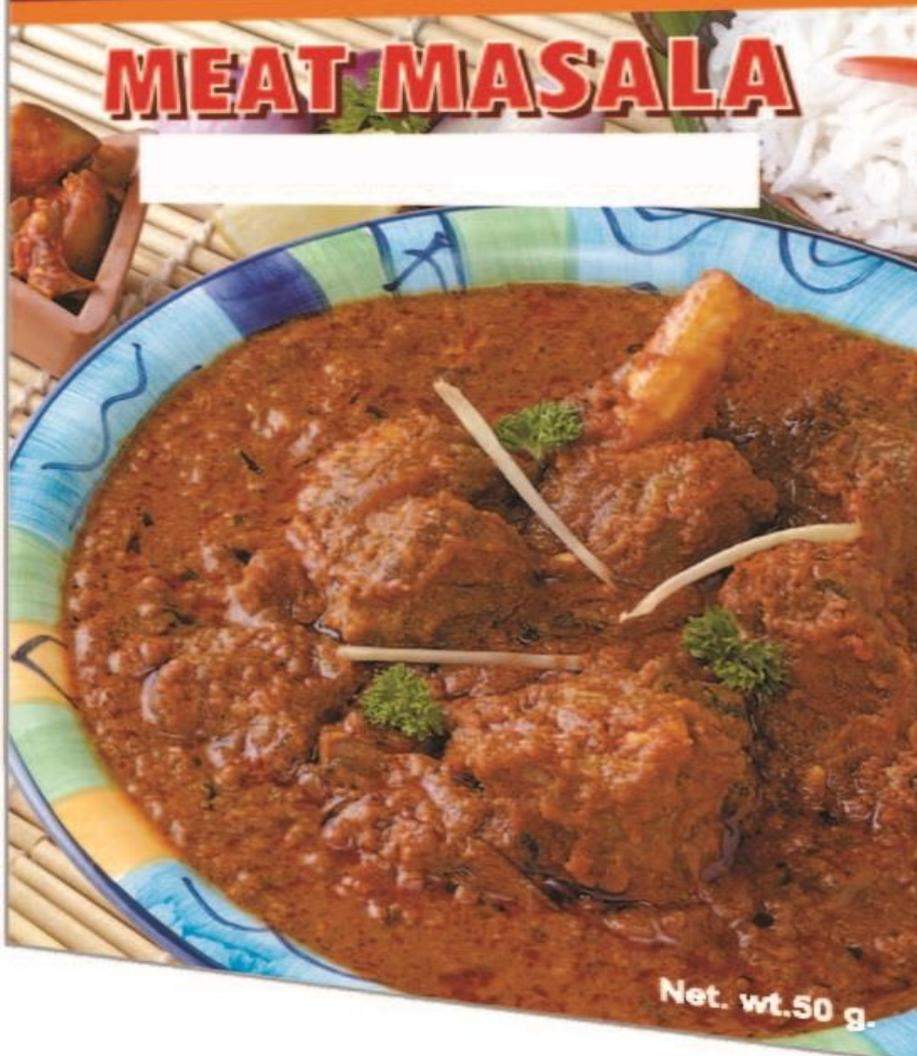
विधि :- नींबू के रस में सोडा (पीने का) और लिज्जत जलजीरा मसाला डालिए। ऊपर से बर्फ और नींबू के टुकड़े डालकर स्वादिष्ट बनाइए।

NUTRITION INFORMATION

Per 100 g. Approx	RESULTS	PERCENT
Calories	140.7	Daily
Calories for Fat	22.5	Values are
Total Fat	0.25 mg	based on
Saturated Fat	0.016 mg	2000
Cholesterol	Absent	calorie
Sodium (Na)	1.24 mg	diet.
Total Carbohydrate	2.565 mg	Your daily
Dietary Fibre	0.42 mg	values may
Sugar	Absent	be higher
Protein (N x 6.25)	0.39 mg	or lower
Vitamin A	Absent	depending
Vitamin C	5.4 mg	on your
Calcium	0.22 mg	calorie
Iron	0.0014 mg	needs.

Lijjat

MEAT MASALA



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लिज्जत

मटन मसाला

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Masala Product

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- Turmeric Powder
- Guntur Chilli Powder
- Premium Chilli Powder
- Kashmiri Chilli Powder
- Coriander Powder
- Cumin Powder
- Black Pepper Powder

Ready Mix Masala

Tea Masala, Garam Masala, Shahi Garam Masala, Chana Masala, Pav-Bhaji Masala, Chat Masala, Punjabi Chole Masala, Pani Puri Masala, Sunday Special Masala, Sambar Masala, Jaljeera Powder, Biryani Pulav Masala.

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INGREDIENTS :

Coriander Seeds, Bedgi Chilli, Guntur Chilli, Cumin Seeds, Black Pepper, Cloves, Stone Flower, Salt, Anistar, Green Cardamon, Garlic Powder, Onion Powder, Turmeric, Cinnamon, Fennel Seeds, Poppy Seeds, Mint Leaf, Bay Leaf, SIAHJIRA, Nutmeg, Dry Ginger.

Method :- Mutton (jointed) 500g. Oil 100 ml. Onions (Sliced & browned) 100 gms. Lijjat Meat Masala 4 tspn. Tomatoes (chopped) 4 nos. Curd 100 gms. Lijjat Garam Masala to taste. Ginger/Garlic Paste 3 tsp. Salt as needed. Brown the pieces of Mutton in hot oil and remove. Add onions and tomatoes, reduce to a paste. Add ginger/garlic paste. Add Lijjat Meat Masala and cook lightly. Add beaten curds. Add browned piece of mutton to simmering gravy. Add salt. Sprinkle Lijjat Garam Masala to taste. Cook till done and garnish with chopped coriander leaves.

NUTRITION INFORMATION

Per 100 g. Approx	RESULTS	PERCENT
Calories	332.0	Daily
Calories for Fat	122.4	Values are based on
Total Fat	13.6g	2000
Saturated Fat	1.3g	calorie
Cholesterol	Absent 09	diet.
Sodium (Na)	1368.2mg	Your daily
Total Carbohydrate	38.45g	values may
Dietary Fibre	43.2g	be higher
Sugar	Absent	or lower
Protein (N x 6.25)	14.05g	depending
Vitamin A	Absent	on your
Vitamin C	0.04mg	calorie
Calcium	669.8mg	needs.
Iron	22.1mg	

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सामग्री :

धना, बेडगी मिर्ची, गंदुर मिर्ची, जीरा, मिरी, लवंग, दगडफुल, मीठ, बादीयान, ग्रीनवेलची, लसून पावडर, कांदा पावडर, हळद, तज, बडीसोंप, खसखस, पुदीना, तेजपत्ता, शहाजीरा, जायफळ, अद्रक.

विधि : मटन ५०० ग्राम. तेल १०० मि.लि. प्याज (कटा हुआ और धीमी आंच पर लाल किया हुआ) १०० ग्राम. लिज्जत मटन मसाला ४ छोटे चम्मच. टमाटर (बारीक कटे हुए) ४. दही १०० ग्राम. लिज्जत गरम मसाला स्वाद अनुसार, अदरक लहसुन पीसा हुआ ३ छोटे चम्मच. नमक स्वाद अनुसार. मटन के टुकड़ों को गरम तेल में धीमी आंच पर लाल होने तक पकाइए, प्याज, टमाटर मिलाकर घोलिए, और अदरक लहसुन (पिसी हुई) डालें. उपर से लिज्जत मटन मसाला डालकर हल्की आंच करें. दही मिलाकर बाद में मटन के टुकड़े उबलते हुए करी में डालिए और स्वाद के अनुसार नमक भी डालें. लिज्जत गरम मसाला उपर से छिड़कें. धीमी आंच पर पकने तक रखें. उस पर हरा धनिया डालें.

Lijjat

PANIPURI MASALA

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PANIPURI
MASALA

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लिज्जत

पानीपुरी का मसाला PANIPURI MASALA

Recipe :- Stir one tea spoon of **LIJJAT PANI PURI MASALA** in a glass full of water. Serve this interesting blend with date tamarind chutney and green chutney. Very Chatpata.

विधि :- १ ग्लास पानी में १ छोटा चम्मच लिज्जत पानीपुरी मसाला मिलाईए । इमली, खजूर की चटणी या हरी चटनी के साथ मिलाकर परोसिए । और चटपटे स्वाद का आनंद लिजिए ।

NUTRITION INFORMATION

Per 100 g. Approx	RESULTS	PERCENT
Calories	278.2	Daily
Calories for Fat	88.2	Values are based on
Total Fat	0.98mg	2000
Saturated Fat	0.077mg	calorie
Cholesterol	absent	diet.
Sodium (Na)	1.01mg	Your daily
Total Carbohydrate	3.69mg	values may
Dietary Fibre	2.5mg	be higher
Sugar	absent	or lower
Protein (N x 6.25)	1.06mg	depending
Vitamin A	absent	on your
Vitamin C	16.2mg	calorie
Calcium	0.094mg	needs.
Iron	0.0022mg	

Lijjat

PAV BHAJI MASALA

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PAV BHAJI MASALA
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लिज्जत

पाव भाजी मसाला

Ingredients :- Oil 4 tsp. Onions (chopped) nos. Ginger (paste) 1 tsp. Garlic (paste) 3 tsp. Tomatoes (Chopped) 4 nos. **LIJJAT PAV BHAJI MASALA** 1tbsp. Potatoes 4 nos. Green Peas 125 gms. Cauliflower 1 Small. Capsicum 3 nos. Salt to taste. Butter 40 gms. Coriander leaves (chopped) few springs.

Method :- Fry chopped onions in oil. Add ginger and garlic paste. *Add tomatoes and **LIJJAT PAV BHAJI MASALA**. *Reduce to a thick paste on heat. *Add boiled vegetables and mash finely. Add Salt *Add a bolb of butter and chopped coriander leaves. *Served with hot buttered pav. Onion rings and lemon wedges.

विधि :- तेल गरम करके कटे हुए प्याज तलिए। अदरक और लहसून (पिसे हुए) डालिए। टमाटर और लिज्जत पावभाजी मसाला डालिए। रस गाढा होने तक उबालिए। तरकारीयां उबालकर गरम होने समय पिसिए। नमक डालिए। १ बडा चम्मच मक्खन और उपर से हरा धनिया डालिए। प्याज, नींबू और गरमागरम पाव के साथ परोसिए।

NUTRITION INFORMATION

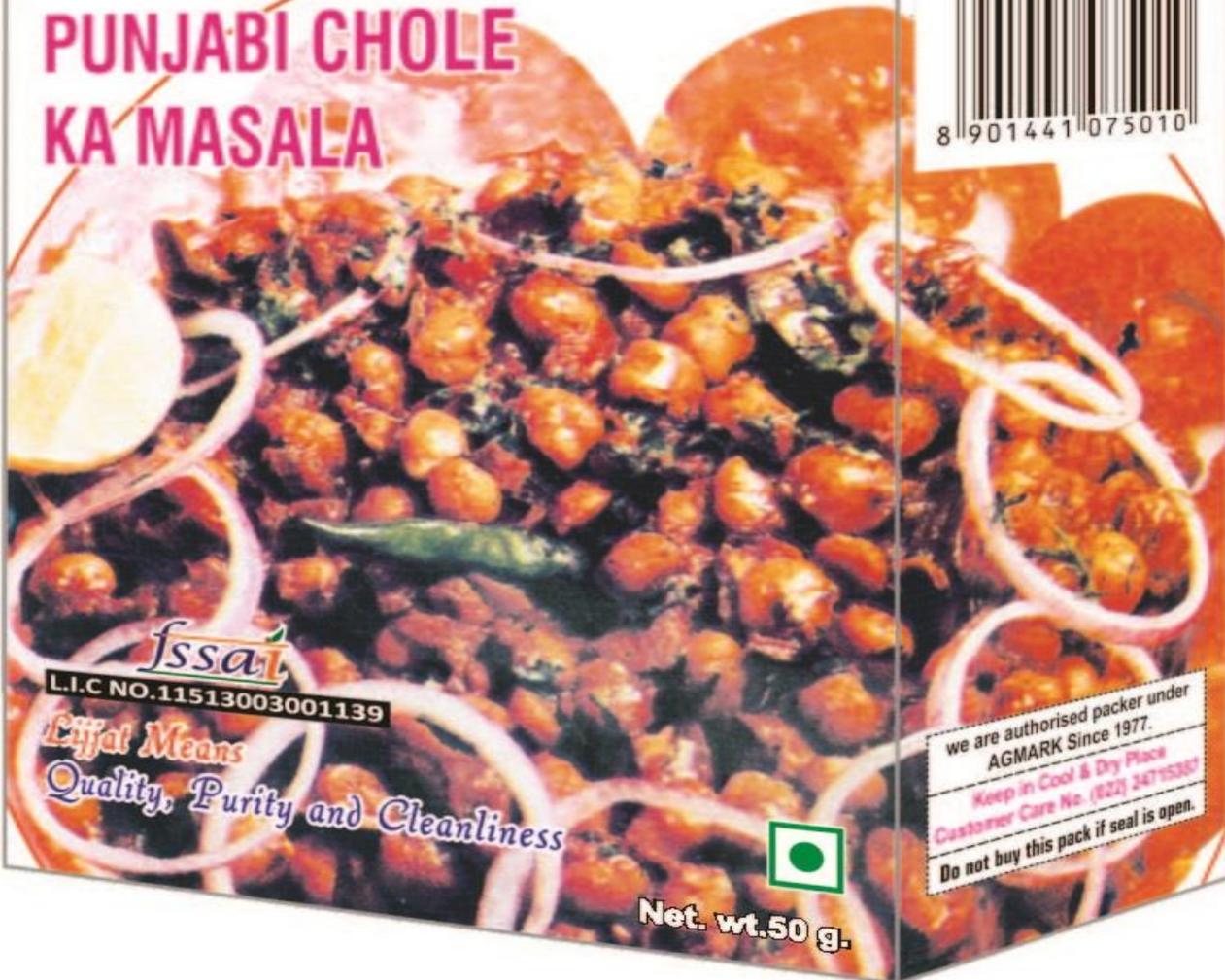
Per 100 g. Approx.	RESULTS	PERCENT
Calories	356	Daily
Calories for Fat	171	Values are based on
Total Fat	19.0g	2000
Saturated Fat	1.9g	calorie
Cholesterol	Not Detected	diet.
Sodium (Na)	1260mg	Your daily
Total Carbohydrate	29.5g	values may
Dietary Fibre	34.5g	be higher
Sugar	Absent	or lower
Protein (N x 6.25)	16.8g	depending
Vitamin A	Absent	on your
Vitamin C	0.003mg	calorie
Calcium	403mg	needs.
Iron	19.2mg	

Lijjat

PUNJABI CHOLE KA MASALA

Lijjat

PUNJABI CHOLE
KA MASALA
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लिज्जत

पंजाबी छोले का मसाला PUNJABI ALOO CHOLE

Ingredients :- Chole Chana 200 gms. Soda bi-carbonate $\frac{1}{4}$ tsp. **LIJAT CHOLE KA MASALA** 4 tsp. Green Chillies 3 nos. Tamarind 30 gms. Onions 3 nos. Tomatoes 2 nos. Potatoes 3 nos. Oil 3 tbsp. Coriander leaves 2 springs.

Method :- Wash and Soak Gram overnight with Soda bi-carbonate. Cook Gram till tender. Heat oil, fry sliced onions. Add chopped tomatoes, gram whole green chillies and **LIJAT PUNJABI CHOLE KA MASALA** Continue cooking and mash gram. Finish with tamarind Juice and salt. Fry sliced potatoes and add to cooked gram. Serve hot garnished with chopped coriander leaves and whole green chilly.

पंजाबी आलू छोले

सामग्री :- छोले चना २०० ग्राम, सोडा बाय-कार्बोनेट $\frac{1}{4}$ छोटा चम्मच, लिज्जत छोले का मसाला ४ छोटे चम्मच, हरी मिर्च ३, इमली ३० ग्राम, प्याज ३, टमाटर २, आलू ३, तेल ३ छोटे चम्मच, हरा धनिया २ डंठल.

विधि :- एक रात के लिए छोले सोडा बायकार्बोनेट (खाने का) डालकर भिगोइए। छोले पकनेतक उबालिए। तेल गरम करें और कटे हुए प्याज को डालिए। छोले पकते समय पिसिए। इमली का रस और नमक स्वाद अनुसार डालिए। आलू काटकर तलीए (डिप फ्राय) और छोले के ऊपर डालिए। हरा धनिया और पूरी हरी मिर्च डालकर गरम - गरम परोसें।

NUTRITION INFORMATION

Per 100 g. Approx	RESULTS	PERCENT
Calories	354.7	Daily
Calories for Fat	128.7	Values are based on
Total Fat	14.3g	2000
Saturated Fat	1.3g	calorie
Cholesterol	Absent	diet.
Sodium (Na)	712.2mg	Your daily
Total Carbohydrate	42.0g	values may
Dietary Fibre	29.8g	be higher
Sugar	Absent	or lower
Protein (N x 6.25)	14.5g	depending
Vitamin A	Absent	on your
Vitamin C	0.002mg	calorie
Calcium	726.5mg	needs.
Iron	19.8mg	

Lijjat

SAMBAR MASALA

Lijjat

SAMBAR MASALA

(PRODUCT OF INDIA)



8 901441 076215

लिज्जत

सांभर मसाला SAMBAR MASALA

Recipe :- Soak 100 gsm. of Tuvar Dal for 30 minutes. Boil with pieces of drumstick, brinjal, pumpkin and onions. Add 4tsp. of tamarind juice, chilli powder and salt. Add 3 heaped tsp of **LIJJAT SAMBAR MASALA** or to taste.

Baghar :- Heat 3 tsp. of oil, add 1 broken red chilly, sliced onions, $\frac{1}{4}$ tsp. methi seeds, $\frac{1}{2}$ tsp. mustard seeds, 2 springs of curry leaves and a pinch of hing. Add baghar to dal. Simmer for 2 minutes. Served hot with idlis, mendu wadal and dosas.

विधि :- १०० ग्रॉम तुवर दाल (अरहर), पानी में आधा घंटा भिगोईये । दाल को सहजनफली, बैंगन, कद्दू और प्याज के टुकड़ों के साथ पानी में उबालिए । ४ छोटे चम्मच इमली का रस, थोड़ी लाल मिर्च पाउडर और नमक डालिए । ३ छोटे चम्मच स्वाद अनुसार, लिज्जत सांभर मसाला डालिये ।

बघार :- ३ छोटे चम्मच तेल गरम किजीए । उसमें १ लाल मिर्च कटी हुई, प्याज कटा हुआ, $\frac{1}{4}$ छोटा चम्मच मेथी, $\frac{1}{2}$ छोटा चम्मच राई, कडीपत्ता और हींग डालिए । अब ये बघार दाल में मिलाकर घोलिए । इसे इडली, मेंदूवडा, डोसा के साथ परोसें ।

NUTRITION INFORMATION

Per 100 g. Approx	RESULTS	PERCENT
Calories	337	Daily
Calories for Fat	108.9	Values are based on
Total Fat	12.1g	2000
Saturated Fat	1.2g	calorie diet.
Cholesterol	Absent	Your daily values may be higher or lower depending on your calorie needs.
Sodium (Na)	92.3mg	
Total Carbohydrate	45.45g	
Dietary Fibre	43.5g	
Sugar	Absent	
Protein (N x 6.25)	11.45g	
Vitamin A	Absent	
Vitamin C	0.03mg	
Calcium	586.3mg	
Iron	35.6mg	

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SHAHI GARAM MASALA



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Ready Mix Masala

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लिज्जत



शाही गरम मसाला

Method :- Prepare the vegetable of your choice with usual spices in Ghee/Oil as you normally do. Add 1¹/₂ tsp. LIJJAT SHAHI GARAM MASALA. Stir vegetable & Close lid keep on a low flame so that the vegetable retains the flavour and aroma of Shahi Garam Masala (500 gms. vegetable or 1 Liter of ready dal needs 1¹/₂ tsp. Lijjat Shahi Garam Masala). Dal, Samosa, Potato, Vada, Kachori, Usal, Pattice, Patra, all types of Farsan, Vegetable Soup, Fish, Veg. & Non - Veg Dishes. Pulav Mix Vegetable taste Best with LIJJAT SHAHI GARAM MASALA.

विधि :- मनपसंद सब्जी घी/तेल में आम मसाले डालकर पकाये। १¹/₂ छोटे चम्मच लिज्जत शाही गरम मसाला डाले। हल्की आँच पर सब्जी को थोड़ी देर चलाये। १० मिनट ढँक कर रखे ताकि उसके गरम मसाले का स्वाद - सुगंध समा जाये। (५०० ग्रॉ. सब्जियों में या १ लिटर तैयार दाल में १¹/₂ छोटे चम्मच लिज्जत शाही गरम मसाले का उपयोग किजीये।) लिज्जत शाही गरम मसाला दाल, समोसा, आलू, वडा, कचौरी, ऊसल, पेटीस, पातरा व हर तरह के फरसाण और आपके मनपसंद व्हेज-नॉनव्हेज डीश, सुप, मिक्स भाजी, मछली, इन सबका स्वाद और सुगंध बढ़ा देता है।

NUTRITION INFORMATION

Per 100 g. Approx	RESULTS	PERCENT
Calories	324.7	Daily
Calories for Fat	94.5	Values are
Total Fat	1.05 mg	based on
Saturated Fat	0.112 mg	2000
Cholesterol	Absent	calorie
Sodium (Na)	0.14 mg	diet.
Total Carbohydrate	4.71 mg	Your daily
Dietary Fibre	4.63 mg	values may
Sugar	Absent	be higher
Protein (N x 6.25)	1.045 mg	or lower
Vitamin A	Absent	depending
Vitamin C	Absent	on your
Calcium	0.092 mg	calorie
Iron	0.0027 mg	needs.

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SUNDAY SPECIAL MASALA



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लिज्जत

MIX VEGETABLE GRAVY
मिक्स व्हेजिटेबल ग्रेव्ही

Ingredients :- Potatoes - 2 Medium sized, Broad Beans 12-15, Green Peas 1/2 Cup. Cauliflower 6-8 forests, Carrots - 2 Medium sized, Red Pumpin - 100gms, Garlic 8-10 cloves, Curry leaves 8-10, Coconut 1 1/2 cup grated, Tamarind Marbal Sized, Groundnut Oil 3 table spoon, Red chilly whole as you required (4), cumin seeds 1 tea spoon, salt to taste, Mustard seeds 1 tea spoon. Blackgram (Udad Dal) 1 tea spoon.

Method :- 1) Cut all vegetable to to small pieces 2) Heat one table spoon of oil and fry 2-3 Red chilly, cumin seeds, coriander seeds, Garlic & grated coconut and Add Tamarind and grind into fine paste. 3) Boil vegetable with water & salt, tumeric powder, Till three fourth done. Then add grinded masala with 2-3 Tea spoon of LIJJAT SPECIAL MASALA and cook for 10 Minites. 4) Heat one table spoon of oil, add 2 red chilly broken in to two Mustard seeds, Udad dal and curry leaves and this to the vegetable and serve hot with rice, Roti. 5) For better Aroma & taste add 1 tea spoon of LIJJAT SHAHI GARAM MASALA.

सामग्री :- आलू 2, पापडी और परसबी 12-15, हरा बटाणा 1/2 कप, फलोंवर 6-8 पिस, गाजर 2 मध्यम आकार के, लाल कद्दू 100 ग्रॉम, लसूण 8-10 कली, करी पत्ता 8-10 पत्ते, नारीयल ताजा 1 1/2 कप पिसा हुआ, इमली - छोटी गोली (स्वादानुसार), तेल 3 टी स्पून, लाल मिरच अख्वा (स्वादानुसार 4-5), जिरा अख्वा 1 टी स्पून, धनिया अख्वा 1 टी स्पून, राई 1 टी स्पून, उड़द दाल 1 टी स्पून, नमक स्वादानुसार.

बनाने की विधि :- 1) सभी सब्जियों को साफ कर के छोटे टुकड़े किजिए। 2) 1 चम्मच तेल गरम करें, और 3-4 मिरच, अख्वा जिरा, अख्वा धनिया, लसूण, ताजा कटा हुआ नारियल के टुकड़े सभी को अच्छी तरह से सेक के उसे पिसिये। 3) सभी सब्जियों को पानी में नमक और हलदी डाल के उबाले। सब्जी थोड़ी पक जाने के बाद उसमें पिसा हुआ मसाला, इमली और लिज्जत का सन्डे स्पेशल मसाला 2 चम्मच डालिये, और उसे धिमी आंच पर 10 से 15 मिनट तक पकाये। 4) 1 बड़ा चम्मच में 2 टेबल तेल गरम करे, उसमें 2 लाल मिरच के टुकड़े कर के डालिये। राई, उड़द दाल, कडिपत्ता डालिये। गरम होने पर उसे सच्चि में डालिए। स्वादानुसार नमक डालिए। तवार हुआ मिक्स व्हेजिटेबल ग्रेव्ही गरमा गरम चावल और रोटी के साथ परोसिये। अच्छा खुशबू, स्वाद के लिए 1 चम्मच लिज्जत शाही गरम मसाला डाले।

NUTRITION INFORMATION

Per 100 g. Approx	RESULTS	PERCENT
Calories	359	Daily
Calories for Fat	145.8	Values are based on
Total Fat	16.2g	2000
Saturated Fat	1.53g	calorie
Cholesterol	Absent	diet.
Sodium (Na)	1140.2mg	Your daily
Total Carbohydrate	36.4g	values may
Dietary Fibre	35.1g	be higher
Sugar	Absent	or lower
Protein (N x 6.25)	17.07g	depending
Vitamin A	Absent	on your
Vitamin C	0.004mg	calorie
Calcium	375mg	needs.
Iron	5.9mg	

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TEA MASALA

Lijjat

TEA
MASALA
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8 901441 071012

लिज्जत

चाय का मसाला

Recipe :- This exotic blend of indian spices can be added to Tea, Hot Milk, Coffee, Masala Milk and Ukala.

NUTRITION INFORMATION

Per 100 g. Approx	RESULTS	PERCENT
Calories	321	Daily
Calories for Fat	37.8	Values are based on
Total Fat	4.2 g	2000
Saturated Fat	0.40 g	calorie
Cholesterol	Absent	diet.
Sodium (Na)	64.8 mg	Your daily
Total Carbohydrate	60.2 g	values may
Dietary Fibre	34.8 g	be higher
Sugar	Absent	or lower
Protein (N x 6.25)	10.61 g	depending
Vitamin A	Absent	on your
Vitamin C	0.003 mg	calorie
Calcium	262.5 mg	needs.
Iron	15.7 mg	

विधी :- लिज्जत चाय मसाला, चाय, गरम दूध, कॉफी, मसाला दूध, उकाला में छिड़कने से लज्जत बढ़ती है।

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