

## Solar Dried Mango Powder

₹499.00



## Solar Dried Mango Powder

### Nutritional Profile (per 100g):

- **Energy:** ~319 kcal
- **Carbohydrates:** ~78.6 g
- **Sugars:** ~66.3 g
- **Protein:** ~2.5 g
- **Fat:** ~1.2 g
- **Fiber:** ~2.4 g
- **Vitamin C:** ~43 mg
- **Calcium:** ~35 mg
- **Iron:** ~0.6 mg

### Benefits:

Rich in natural sugars, Vitamin C, and antioxidants, mango powder boosts energy and immunity while supporting skin health. Great for smoothies, desserts, and natural flavoring.

## Solar Dried Mango Powder – Natural Tang with a Nutritional Punch

Add a natural tangy twist to your dishes with our **Solar Dried Mango Powder**, made from handpicked raw mangoes that are sun-dried and finely ground to preserve their zesty flavor and nutritional value. Known as **Amchur**, this spice is a staple in Indian kitchens—used to enhance the taste of curries, chutneys, snacks, and spice blends.

No additives, no preservatives—just the pure essence of sun-dried mango in a shelf-stable, ready-to-use powder.

---

### Key Features:

- **100% Sun-Dried** – Traditional drying method for authentic flavor and nutrition
  - **Naturally Tangy** – Strong, sour flavor ideal for Indian and global cuisines
  - **Rich in Vitamin C & Antioxidants** – Supports immunity and digestion
  - **Hygienically Processed** – Safe, clean, and finely milled
  - **Eco-Friendly Production** – Sustainable solar drying process
- 

### Uses:

- Add to curries, dals, and sabzis

- Spice up chaats, snacks, and street food
  - Use in marinades and spice mixes
  - Replace lemon or tamarind in recipes
- 

**Ingredients:**

100% Sun-Dried Raw Mango Powder

**Storage Instructions:**

Store in an airtight container in a cool, dry place. Keep away from moisture and direct sunlight.

**Shelf Life:**

Up to 12 months from the date of packaging

**SKU:** NS0DP0403

**Categories:** Solar Dried Powders