

COMPOUND HING 200GM



Enhance the taste and aroma of your dishes with **Swastik Compound Hing 200GM**, a high-quality blend of asafoetida known for its bold, earthy flavor. Widely



used in Indian cuisine, this compound hing adds a rich umami depth to dals, curries, pickles, and tempering (*tadka*), making it a must-have for every kitchen.

Swastik Compound Hing 200GM - Strong & Aromatic Asafoetida for Authentic Indian Flavor

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□ Key Features:

- **Premium Quality Compound Hing (Asafoetida)**
- **Powerful Aroma & Strong Taste** – A little goes a long way
- **Ideal for Tempering & Traditional Indian Cooking**
- **Hygienically Packed to Lock Freshness & Fragrance**
- **Long Shelf Life - Stays Fresh for Months**

□ Health Benefits:

- Supports digestion and reduces bloating
- Known for its anti-inflammatory and anti-microbial properties



- Often used in Ayurvedic and sattvic diets
- Great substitute for garlic & onion in Jain/vaishnav recipes

☐ **Usage Ideas:**

- Add a pinch to **dal tadka**, **sabzis**, or **sambhar**
- Use in **pickles**, **chaas masala**, or **kadhi**
- Popular in **Jain cuisine** and fasting recipes

☐ **Pack Size: 200 Grams**

☐ **Brand: Swastik**

Choose **Swastik Compound Hing 200GM** - the bold, aromatic spice that brings true Indian flavor to every meal.

Categories: Powder Spices