

DRY KARELA 100GM X 20 SGB



Add a touch of health and tradition to your meals with **Dry Karela**, made from

premium bitter gourds that are thinly sliced and naturally sun-dried to preserve their nutrients and rich, earthy flavor. Known for its health benefits, karela (bitter gourd) is often used in Indian kitchens for preparing dry subzis, stir-fries, and even as a crispy snack when lightly sautéed or fried.

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This long-lasting pantry staple is perfect for those who love authentic, Ayurvedic-inspired cooking.

Key Features:

- Made from High-Quality, Sun-Dried Bitter Gourd
- Rich in Nutrients – Known for Blood Sugar Support
- Ideal for Dry Sabzis, Frying & Stir-Fries
- No Preservatives or Artificial Additives
- Hygienically Packed for Freshness & Long Shelf Life

Categories: SGB SNACKS RANGE