



Product Data Sheet

September 2013

Product Name: **Matar Paneer**

Description: Jyoti Matar-Paneer is a vegetable dish made with Sweet Green Peas and Indian Paneer cheese in a tomato-onion sauce. Uniquely healthful and delicious !

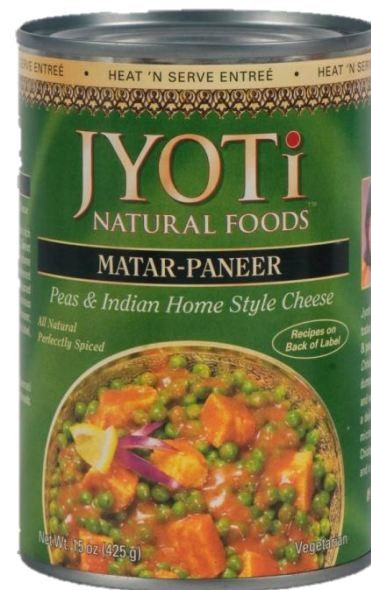
Recipes: Various recipes using Matar Paneer, such as Paneer Pulao (Rice) and Keema (ground meat) are printed on the back of the label and are on the web site.

Ingredients: Green peas, water, Paneer cheese cubes, onion, sour cream, non-GMO (Soybean oil, corn starch), tomato paste, lemon juice, spices, salt, ginger, garlic.

Allergens: Milk

Package: Steel cans, 15 oz net weight (425 g)

Shelf Life (from date of production): **3 years**



Jyoti Natural Foods
300 Elmwood Avenue
Sharon Hill, PA 19312



PRODUCT OF USA

Nutrition Facts	
Serving Size 1/2 cup (114g)	
Servings Per Container about 4	
Amount Per Serving	
Calories 140	Calories from Fat 100
% Daily Value*	
Total Fat 11g	16%
Saturated Fat 3.5g	17%
Trans Fat 0g	
Cholesterol 15mg	4%
Sodium 510mg	21%
Total Carbohydrate 9g	3%
Dietary Fiber 2g	9%
Sugars 3g	
Protein 4g	9%
Vitamin A 10% • Vitamin C 0%	
Calcium 6% • Iron 6%	
Folate 6%	