

October 2015

Product Name: **Saag-Paneer (Spinach w Paneer Cheese)**

**READY TO EAT**  
**Just Pour Out And Heat**



<b>Nutrition Facts</b>	
Serving Size 4 oz (113g)	
Servings Per Container 16	
Amount Per Serving	
Calories 120	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 10mg	4%
Sodium 310mg	13%
Total Carbohydrate 7g	2%
Dietary Fiber 2g	6%
Sugars 1g	
Protein 5g	
Vitamin A 80%	Vitamin C 6%
Calcium 6%	Iron 6%

Package: BPA Free Pouches, 8" X 15", 36 oz

**Ingredients:** Spinach, water, Paneer, yogurt, onion, ginger, soybean oil, corn meal, butter, tomato, garlic, cashew, ricotta cheese, salt, spices.

**Heating:** Boil in the bag, or partially open at the notch for venting, and microwave for 1-2 min. Can also heat the contents in conventional ways in a pan on the stove top on low heat with two tablespoons of water sprinkled on rice.

<b>Item Number:</b> 36402	<b>Pack Size:</b> 4 lb	<b>Case:</b> 18" X 14" X 6"
<b>Net Case Wt:</b> 25 lb	<b>Packs per case:</b> 6	<b>Case Cube:</b> 0.55
<b>Pallet Count::</b> 66	<b>Pallet TiHi:</b> 6 X 11	
<b>Country of Origin:</b> USA	<b>Storage Condition:</b> Ambient	<b>Shelf Life:</b> 18 months



**Cooked and Packed  
in the USA.**

