



Product Details

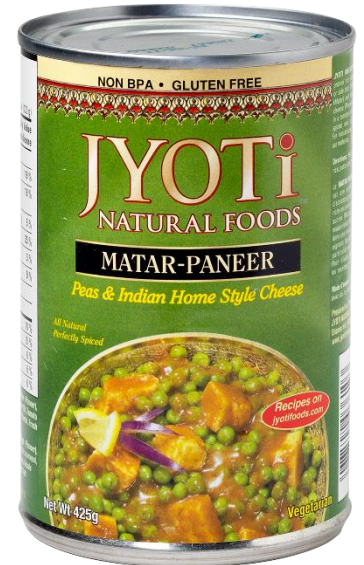
Matar Paneer (Vegetarian)

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, under recipes.

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

Allergens: Milk



Package: Steel cans, 15 oz (425 g)

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



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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%	