



Saag-Paneer (Spinach w Paneer Cheese)

READY TO EAT

Excellent source of Vegetarian Protein



Saag Paneer *aka* Palak Paneer is an immensely popular North Indian (Punjab), protein rich (Paneer), leafy greens (Saag) side dish. Jyoti is from Punjab and so is her Saag Paneer. Jyoti has a Master's degree in Nutrition from the Texas Medical Center in Houston and is knowledgeable about the good and the bad of various ingredients and has formulated the recipes accordingly. Saag is creamed spinach (Saag, Palak) and the Paneer is pressed fresh cow milk curds, like starting cheese, made without Rennet, so it is vegetarian. JYOTI Saag Paneer is flavored with fresh ginger and fresh garlic and is mildly spicy, check the ingredients listed below, nothing artificial, and shelf stable for two years. It is commonly served with rice and breads which share its salt content. It is a delicious side dish with most entrees. When thinned with half as much water or any broth of choice, heated to near-boil, it produces a delicious, heartwarming soup. A single pouch of JYOTI Saag Paneer delivers 12 g of milk protein along with significant amounts of natural, easily absorbable Iron, Calcium and Potassium. The convenient, water proof package requires no refrigeration and is ideal for campers, back packers and outdoor enthusiasts.

Ingredients: Spinach, filtered water, Paneer Cheese (Milk), Fresh onion, Fresh ginger (is often fibrous), Corn Meal, Sunflower Oil, Fresh Garlic, Salt, Spices. **Shelf Life (from date of production): 2 years**

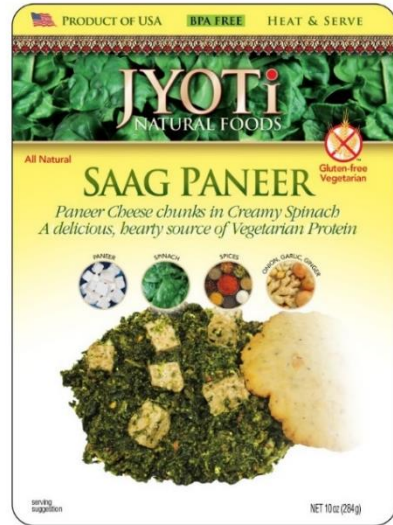
Cooked and Packed in the USA by:
JYOTI Natural Foods

www.jyotifoods.com



10 oz. Net, 284 g

Nutrition Facts	
About 2 servings per container	
Serving size 1/2 cup (130g/4.6 oz)	
Amount per serving	
Calories	120
% Daily Value *	
Total Fat 8g	11%
Saturated Fat 3.5g	17%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 310mg	14%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 90mg	6%
Iron 1.3mg	8%
Potassium 240mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 Carbohydrate 4 Protein 4	



BPA Free Microwaveable Pouch

CA prop 65 requires spinach containing foods to warn California customers about the presence of cadmium in Spinach. Cadmium is naturally present in trace quantities in Spinach and it is known to be a carcinogen and cause birth defects.

Unfortunately, there is no provision to advise anyone that Spinach is great for human body, even for infants, as other elements present in Spinach prevent the body from absorbing cadmium, which naturally occurs in Spinach, Potatoes, lettuce etc. and is not artificially added.