



Product Data Sheet

September 2013

Product Name: SAAG PANEER

Description: Channa Dal (Baby Dark Chickpea Kernel) in their own buttery sauce with zucchini squash. Add ¼ cup water, Heat and Serve as a side dish or entrée with rice and breads. Add ½ cup water to serve as a soup.

Recipes: Recipes using Channa Dal for Soup and a stew are printed on the back of the pouch and more are on our web site.

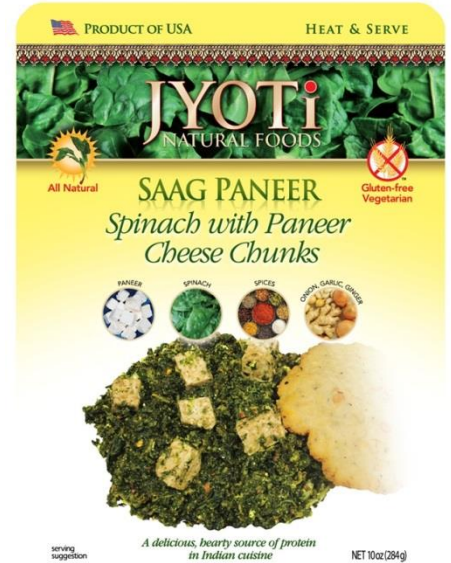
Ingredients: Filtered water, Channa Dal Kernel, tomato, freshly diced onion, Urad Bean kernel, butter, spinach, ginger, garlic, sea salt, spices and almond oil.

Allergen: Butter (milk)

Sodium Note: Saag Paneer is normally served with unsalted rice and breads which share it's salt content.

Package: BPA Free Pouch, 10 oz net weight (285 g)

Shelf Life (from date of production): **2 years**



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PRODUCT OF USA



Gluten-free Vegetarian

Nutrition Facts	
Serving Size	114 g
Servings Per Container	2.5
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%