



Product Data Sheet

July 2014

Product Name: Saag Paneer

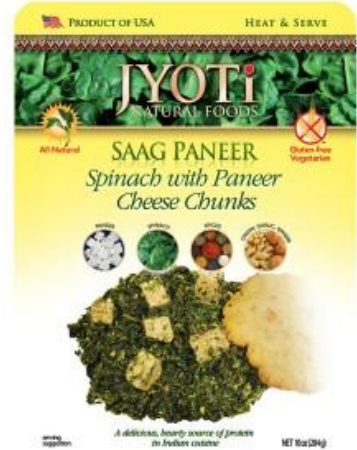
Description: Fine chopped creamy spinach (Saag) with Paneer Cheese chunks. Gingery hot and very flavorful side dish or pasta sauce.

Recipes: Recipes using Saag Paneer for Soup and for chicken are printed on the back of the pouch and more are on our website.

Ingredients: Spinach, filtered water, Paneer cheese chunks, onion, cream, butter, ginger, corn meal, garlic, almond oil, sea salt and spices.

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

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



Jyoti Natural Foods
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PRODUCT OF USA

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%