

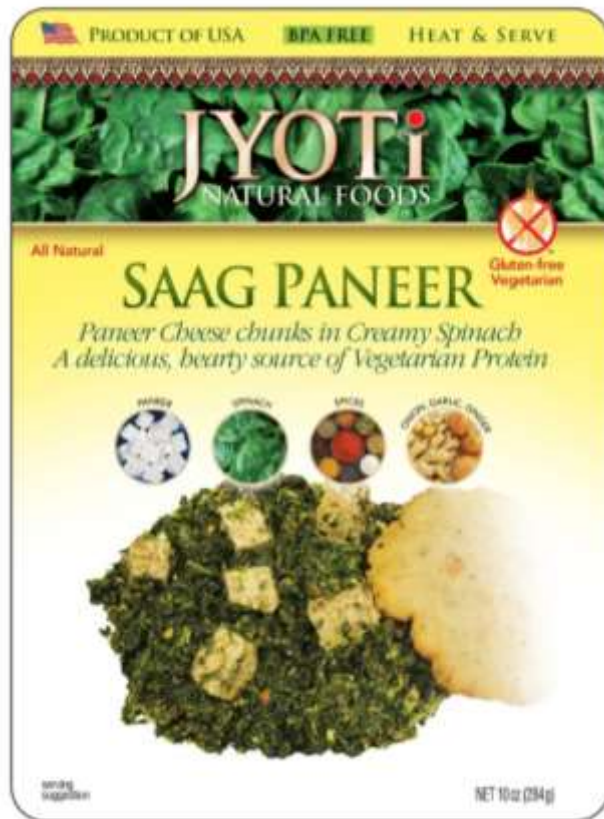
Product Data Sheet

Saag-Paneer (Spinach w Paneer Cheese)



READY TO EAT

Excellent source of Vegetarian Protein



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



Ingredients: Spinach, Filtered water, Paneer Cheese (Milk), Fresh onion, Fresh ginger (is often fibrous), Corn meal, Sunflower Oil, Garlic, Sea Salt, Spices.

Heating: 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 or boil the bag in water.

Package: **BPA Free Microwaveable Pouch**

10 oz net weight (285 g)

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

Cooked and Packed in the USA.