

## The Plant-it Food Company 101265 - Thai Yellow Curry Vegan

Thai Yellow Curry. Creamy Yellow Curry with Chick'n Pieces served over Basmati Rice. Made with Lemongrass & Turmeric. Only 450 calories per meal, high in protein & a source of fiber. Ready in 6 minutes.



COOP SOURCE OF PROTEIN F	Nutrition FactsServings per Container1Serving size1meal (11.5oz)			
T	CURRY	Amount per serving Calories	450	
	CREAM RELEASE COURT WITH FLANT RACEO COUNT RELEASE COURT WITH FLANT RACEO WITH LEHONGRASS AND TURKERIC		ily Value*	
SOUR	CE OF DIETARY FIBER 100% PLANT BASED	Total Fat 22g	28%	
and the second	NET WT 11.5 oz (325g)	Saturated Fat 10g	50%	
KEEP FROZEN	Trans Fat 0g			
	Cholesterol 0mg	0%		
✤ Benefits	Sodium 760mg	33%		
	Total Carbohydrate 48g	17%		
Thai Yellow Curry. Creamy Yellow over Basmati Rice. Made with Lem	Dietary Fiber 5g	18%		
	Total Sugars 6g			
		Includes 4g Added Sugar	%	
Ingredients	Allergens	Protein 15g		
		Vitamin D 0mcg	0%	
Curry Sauce (Coconut Milk [Coconut Extract, Water, Citric Acid], Curry Paste [Garlic,	Contains:	Calcium 15mg	2%	
Lemongrass, Salt, Shallot, Galangal, Dried Red Chili, Coriander Seed, Kaffir Lime Peel, Curry Powder, Cumin, Cinnamon, Turmeric {Color}, Cardamom, Nutmeg], Sugar, Turmeric [Color],	soy	Iron Omg	0%	
	Free From:	Potassium 60mg	2%	
Corn Starch), Cooked White Basmati Rice (Water, Rice), Plant-based Chickn Chunks (Water, Textured Soy Protein Isolate, Sunflower Oil, Canola Oil, Potato Starch, Corn Starch, Methyl Cellulose, Natural Flavors, Calcium Carbonate, Oat Fiber, Xanthan Gum, Carrageenan, Guar Gum, Artificial Flavoring, Iron, Vitamin B12), Red Bell Pepper, Green Bell Pepper.	Image: crustaceans Image: cr	* The % Daily Value (DV) tells you how much a serving of food contributes to a daily diet. a day is used for general nutrition advice.		

### Handling Suggestions

Frozen product, keep frozen UNIT UPC: 840202274065

Serving Suggestions

Heat & Serve

## Prep & Cooking Suggestions

Microwave:Remove packaging, pierce film several times and microwave at 1000W for 6mins. For lower wattage ovens increase heating time. Leave to stand for 1min before serving.

for 1min before serving. Oven:Pre-heat oven to 400FC, Fan 360F, Gas 6. Remove outer packaging and film and cover loosely with foil. Cook on middle shelf of oven for 45mins. Ensure product is cooked thoroughly to 165F.

# Product Specifications

Brand					Manufacturer					
The Plant-it Food Company					Earth Grown Foods Limited					
UP	C	MFG #	5	SPC #		GTIN		P	Pack Pack Des	
8402022	274065	RF7506	1(	01265	0084	4020227	7407	072		6/11.5 OZ
Gross W	/eight	Net Weight Countr		ntry of	y of Origin Koshe		sher	ner Child Nutrition		
5.42	5.42lb 4.31lb			Ireland	reland No		No			
Shipping Information										
Length	Width	Height	Volu	ıme	TIxHI	xHI Shelf Life Storage Temp F		emp From/To		
12.76in	8.35in	5.75in	0.3	5ft3	16x11	x11 237days -5°F / -2°F		= / -2°F		





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Nutrition Analysis - By Measure

Calories	450	Total Fat	22g	Sodium	760mg
Protein	15	Trans Fats	Og	Calcium	15mg
Total Carbohydrates…	48g	Saturated Fat	10g	Iron	0mg
Sugars	6g	Added Sugars	4g	Potassium	60mg
Dietary Fiber	5g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)•		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

Additional Images



