Cafe Spice

12355 - Saag Paneer With Saffron Rice Glute

Eat (and enjoy) your greens with Cafe Spice's protein and iron-rich Saag Paneer. A delicious, vitamin packed North Indian dish, prepared with perfectly spiced spinach, tomatoes and onions that are slowly cooked and topped with cubes of low-fat paneer, a traditional Indian farmer-style cheese.

Nutrition Facts

Servings per Container	**2**
Serving size	**8oz(227g)**
Amount per serving	
Calories	**60**
	% Daily Value*
Total Fat 0.5g	**3%**
Saturated Fat 0.5g	**3%**
Trans Fat	
Cholesterol 0mg	**0%**
Sodium 360mg	**16%**
Total Carbohydrate 7g	**3%**
Dietary Fiber 3g	**11%**
Total Sugars 2g	
Includes 0g Added Sugar	**0%**
Protein 5g	
Vitamin D 0mcg	**0%**
Calcium 15mg	**1%**
Iron 20mg	**111%**
Potassium 0mg	**0%**

* 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.

Benefits

Saag Paneer is a delicious, North Indian dish and good source of fiber and protein. We prepare ours with perfectly spiced spinach, tomatoes and onions that are slowly cooked and topped with cubes of low-fat paneer, a traditional Indian farmer-style cheese. This entree is served with Basmati saffron rice, prepared with real saffron threads and cooked with whole cardamom pods and bay leaves. Vegetarian, Gluten Free

Ingredients

Spinach, Water, Paneer (2% milk, vinegar, salt), Onions, Tomatoes, Tomato Puree (tomatoes, water, citric acid), Expeller Pressed Canola Oil, Salt, Garlic, Cumin, Coriander, Ginger, Cultured Dextrose, Garam Masala (spice blend), Turmeric, Red Chilies

Saffron Rice: Basmati Rice, Water, Saffron, Expeller Pressed Canola Oil, Cultured Dextrose, Salt, Cardamom, Bay Leaves

Allergens

Contains:

milk

Free From:

crustaceans, eggs, fish, peanuts, soy, tree nuts, wheat

Handling Suggestions

Keep Frozen. Refrigerate after opening.

Serving Suggestions

1 serving

Prep & Cooking Suggestions

Microwave:
Remove sleeve. Peel back film 2 inches on entre.
Heat on High 3-5 minutes or until fully heated through.
Let stand for 1 minute. Carefully remove the film.

Stovetop:
Empty contents into frying pan, keeping rice on 1 side of pan and entre on the other.
Heat on Medium-to-Medium High heat for 8-10 minute. Remove from heat and transfer to a plate or bowl

Product Specifications

Brand	Manufacturer	Product Category
Cafe Spice	Cafe Spice LLC	Asian Entrees

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
825120004024	71000164	12355	10825120004021		6/16 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
7.7lb	7.37lb	United States	No	

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
13.8in	9.1in	4.6in	0.33ft3	12x10	255days	-2°F / -5°F

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Nutrition Analysis - By Measure

Calories	60	Total Fat	0.5g	Sodium	360mg
Protein	5	Trans Fats		Calcium	15mg
Total Carbohydrates•••	7g	Saturated Fat	0.5g	Iron	20mg
Sugars	2g	Added Sugars	0g	Potassium	0mg
Dietary Fiber	3g	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-12•	
Monosodium		Sulphites		Nitrates	

Additional Images

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