Cafe Spice

27918 - **Saag Paneer Gluten Free**

Saag Paneer is protein and iron rich. 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.

Benefits

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.This product is vegetarian and gluten free. Spice level: medium

Ingredients

Spinach, Water, Paneer Cheese(pasteurized whole milk, vinegar), Onion, Tomatoes, Tomato Puree (tomatoes, citric acid), Spices, Salt, Cultured Dextrose, Garlic, Ginger, Expeller Pressed Canola Oil, Garam Masala (spice blend), Turmeric, Chickpea Flour

Allergens

Contains:

milk

Free From:

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

Nutrition Facts

Servings per Container	**45**
Serving size	**3.5OZ**

Amount per serving

Calories	**90**
	% Daily Value*
Total Fat 6g	**8%**
Saturated Fat 3g	**15%**
Trans Fat	
Cholesterol 20mg	**7%**
Sodium 320mg	**14%**
Total Carbohydrate 5g	**2%**
Dietary Fiber 2g	**7%**
Total Sugars 2g	
Includes 0g Added Sugar	**0%**
Protein 6g	
Vitamin D 0mcg	**0%**
Calcium 268mg	**21%**
Iron 1mg	**6%**
Potassium 214mg	**5%**

* 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.

Handling Suggestions

Keep Frozen

Serving Suggestions

Pairs nice with Saffron Rice, Lunch or Dinner

Prep & Cooking Suggestions

Steamer- from a thawed state- Place the sealed plastic tray into a perforated hotel pan, Place the hotel pan in a steamer,Steam the food for 50 minutes - 1 hour, The internal temperature should reach a minimum of 165F Stovetop-Pour the contents of the tray into a large non-stick skillet or sauce pan, Cover and cook the food over low heat for 30-35 minutes,Stir occasionally to prevent sticking,

Product Specifications

Brand	Manufacturer
Cafe Spice	Cafe Spice LLC

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
	71000213	27918	10825120000092		1/10 LB

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
10.81lb	10lb	United States	No	

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
12.5in	10.31in	4.5in	0.34ft3	12x10	257days	-5°F / -2°F

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Nutrition Analysis - By Measure

Calories	90	Total Fat	6g	Sodium	320mg
Protein	6	Trans Fats		Calcium	268mg
Total Carbohydrates•••	5g	Saturated Fat	3g	Iron	1mg
Sugars	2g	Added Sugars	0g	Potassium	214mg
Dietary Fiber	2g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	20mg		
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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