



**Mona's Curryations**  
**36520 - Palak Paneer**



Mona's Curryations Palak Paneer - It's all in the bag! Creamy paneer cheese cubes in a pureed spinach with fenugreek and traditional aromatic spices like cumin and garam masala are all mixed in and ready for you to cook. Warm up the naan and enjoy this restaurant inspired meal right at home!



# Nutrition Facts

Servings per Container **2**  
 Serving size **241.0g (241g)**

Amount per serving  
**Calories 310**

	% Daily Value*
<b>Total Fat</b> 24g	<b>31%</b>
Saturated Fat 7g	<b>35%</b>
Trans Fat	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 880mg	<b>38%</b>
<b>Total Carbohydrate</b> 11g	<b>4%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 0g	
Includes 0g Added Sugar	<b>0%</b>
<b>Protein</b> 12g	
Vitamin D 0.1mcg	<b>1%</b>
Calcium 330mg	<b>25%</b>
Iron 3.8mg	<b>21%</b>
Potassium 650mg	<b>14%</b>

\* 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

Mona, a diplomat's daughter, experienced delicious flavors from four continents, yet her favorite remain her mothers Pakistani Punjabi dishes with their aromatic array of spices, vegetables, and Halal meats. But when Mona, a busy full-time working mom of three, wanted to cook for her family, she found that she didn't have the time, so she created Mona's Curryations. Her Palak Paneer - It's all in the bag! Creamy paneer cheese cubes in a pureed spinach with fenugreek and traditional aromatic spices like cumin and garam masala are all mixed in and ready for you to cook. Warm up the naan and enjoy this restaurant inspired meal right at home!

## Ingredients

Water, Spinach, Paneer (Pasteurized Milk, Acetic Acid, . May Contain Lactic Acid, Salt), Low Fat Yogurt (Cultured Pasteurized Reduced Fat or Low-Fat Milk, Active Yogurt Cultures. May Contain Food Starch, Nonfat Milk Solids), Canola Oil, Tomato Puree (Tomatoes, Citric Acid), Spices, Fried Onions [Onions, Vegetable Oil (May Contain Soybean, Palm, or Canola Oil). May Also Contain Corn Flour.], Salt, Turmeric, Garlic Powder.  
 CONTAINS: MILK AND SOY

## Allergens

### Contains:

milk peanuts soy tree nuts

### Free From:

crustaceans eggs fish wheat

## Handling Suggestions

keep frozen and defrost before cooking

## Serving Suggestions

defrost entree, then cook on stove top or instapot for a few minutes and then enjoy with naan that is included

## Prep & Cooking Suggestions

refer to cooking instructions on bag

## Product Specifications

Brand	Manufacturer	Product Category
Mona's Curryations	Monas Curryations LLC	

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
860006823818	36520	36520	10860006823815		8/22.9 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
13.5lb	11.5lb	United States	No	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
14.5in	8in	9in	0.6ft3	13x8	231days	-2°F / -5°F



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Nutrition Analysis - By Measure

Calories	310	Total Fat	24g	Sodium	880mg
Protein	12	Trans Fats		Calcium	330mg
Total Carbohydrates...	11g	Saturated Fat	7g	Iron	3.8mg
Sugars	0g	Added Sugars	0g	Potassium	650mg
Dietary Fiber	3g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	25mg		
Vitamin A(U)		Vitamin D	0.1mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

