



Cafe Spice

37103 - Cauliflower & Potato Curry With Saf

Inspired by Cafe Spice celebrated chef Hari Nayak, this Cauliflower & Potato Curry also called Aloo Gobhi Curry (aloo means potato, gobhi means cauliflower) is a clean plant based dish with spiced cauliflower and diced potatoes in a light onion-tomato curry sauce.



Nutrition Facts

Servings per Container 2
Serving size 8oz(227g)

Amount per serving
Calories 200

	% Daily Value*
Total Fat 6g	9%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 690mg	29%
Total Carbohydrate 34g	11%
Dietary Fiber 3g	12%
Total Sugars 1g	
Includes 0g Added Sugar	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 0mg	4%
Iron 0mg	8%
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

Our Cauliflower & Potato Curry is a clean plant-based dish made with spiced cauliflower and diced potatoes cooked in a light onion-tomato curry sauce and spiced to perfection with kasoori methi (fenugreek), garam masala, fennel and red chilis. This entree is served with Basmati saffron rice, prepared with real saffron threads and cooked with whole cardamom pods and bay leaves.

Ingredients

Cauliflower, Water, Potatoes, Onions, Tomatoes, Tomato Puree (tomatoes, water, citric acid), Expeller Pressed Canola Oil, Ginger, Cultured Dextrose, Salt, Cilantro, Cumin, Garlic, Coriander, Turmeric, Paprika, Garam Masala (spice blend), Red Chilies, Fennel, Kasoori Methi (fenugreek leaves) Saffron Rice: Basmati Rice, Water, Expeller Pressed Canola Oil, Cultured Dextrose, Salt, Cardamom, Bay Leaf, Saffron

Allergens

Free From:

- crustaceans
- eggs
- fish
- milk
- peanuts
- sesame
- soy
- tree nuts
- wheat

Handling Suggestions

Keep frozen. Refrigerate after opening. UNIT UPC: 825120008138

Serving Suggestions

1 serving

Prep & Cooking Suggestions

Microwave:
Remove sleeve. Peel back film 2 inches on entree.
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 entree on the other.
Heat on Medium-to-Medium High heat for 8-10 minutes. Remove from heat and transfer to a plate or bowl.

Product Specifications

Brand	Manufacturer
Cafe Spice	Cafe Spice LLC

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
825120008138	70000167	37103	10825120008135		6/16 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
7.7lb	6.67lb	United States	No	

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
13.88in	9.06in	4.5in	0.33ft3	12x10	255days	-5°F / -2°F



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Nutrition Analysis - By Measure

Calories	200	Total Fat	6g	Sodium	690mg
Protein	4	Trans Fats	0g	Calcium	0mg
Total Carbohydrates...	34g	Saturated Fat	0g	Iron	0mg
Sugars	1g	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

