

Mona's Curryations

36520 - Palak Paneer

Mona, a diplomat's daughter, experienced delicious flavors from four continents, yet her favorite remain her mother's 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 ...



MARKETING

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!

PRODUCT SPECIFICATIONS					
Code		GTIN		Pack Description	
36520		10860006823815		8/22.9 OZ	
Brand		Brand Owner		GPC Description	
Mona's Curryations		Monas Curryations LLC		Ready-Made Combination Meals - Ready to Eat (Perishable)	
Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
13.5 LBR	11.5 LBR	No	United States	Undeclared	No
Shipping					
Length	Width	Height	Volume	TlxHI	Shelf Life
14.5 INH	8 INH	9 INH	0.6 FTQ	13x08	517 Days
Storage Temp From/To					
-5 FAH / -2.5 FAH					
Traceability Regulation					
Regulation Type Code	Regulatory Act	Trade Item Regulation Compliant	Regulation Restrictions and Descriptors		
N/A	N/A	N/A	N/A		

HANDLING SUGGESTIONS

keep frozen and defrost before cooking---UNIT
UPC: 860006823818---

- ALLERGENS**
- C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared';
INII = 'Intentionally nor Inherently Included'; 50 = 'Derived from Ingredients';
60 = 'Not Derived From Ingredients'; NI = 'No Info'
- Milk - C

Eggs - N

Soybean - C

Wheat - N

Sesame - N

Molluscs - N
- Peanuts - C

Tree - C

Fish - N

Shellfish - N

Crustaceans - N

Nutrition Facts

2 Servings per container

Serving Size	241.0 GR
Amount Per Serving	
Calories	310
% Daily Value*	
Total Fat 24 g	31%
Saturated Fat 7 g	34%
Trans Fat 0 g	
Cholesterol 25 mg	8%
Sodium 880 mg	38%
Total Carbohydrates 11 g	4%
Dietary Fiber 3 g	11%
Total Sugars	
Includes 0 g Added Sugars	0%
Protein 12 g	

Vitamin D 0.1 mcg	0%
Calcium 330 mg	25%
Iron 3.8 mg	20%
Potassium 650 mg	15%

* The % Daily Values (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.

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

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PREPARATION & COOKING SUGGESTIONS

refer to cooking instructions on bag

SERVING SUGGESTIONS

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

MORE INFORMATION