



**monsoon**  
KITCHENS

## Chicken Tikka Masala 16 oz. Meal

Chicken in a creamy spiced-tomato sauce, with aromatic Basmati rice



3/3/2025

### Nutrition Facts

2 Servings per container

**Serving Size** 1 cup (227g)

**Amount Per Serving**

**Calories** 300

% Daily Value\*

**Total Fat** 9 g 12%

Saturated Fat 3 g 14%

Trans Fat 0 g

**Cholesterol** 50 mg 17%

**Sodium** 300 mg 13%

**Total Carbohydrates** 36 g 13%

Dietary Fiber 1 g 2%

Total Sugars 2 g

Includes <1 g Added Sugars 1%

**Protein** 18 g

Vitamin D 0.1 mcg 0%

Calcium 30 mg 2%

Iron 1.6 mg 8%

Potassium 260 mg 6%

\* 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.

### Product Specifications :

Code	GTIN	Pack Description
MKR19203	10886193920045	6-16 oz. Trays

Brand	Brand Owner	GPC Description
Monsoon Kitchens	Monsoon Kitchens, Inc.	Ready-Made Combination Meals - Not Ready to Eat (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
7.4 LBR	6 LBR	United States	Undeclared	No

### Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
13.875 INH	9.6 INH	6 INH	.46 FTQ	13x10	730 Days	-10 FAH / 10 FAH

### Ingredients :

CHICKEN TIKKA MASALA: Chicken, Water, Tomato Paste, Plain Low Fat Yogurt (Cultured Low-fat Milk and Nonfat Milk Solids, Active Cultures), Cream, Expeller Pressed Canola Oil, Spices, Potato Starch, Sea Salt, Garlic, Ginger, Sugar, Tapioca Starch, Paprika, Dried Fenugreek Leaves. CUMIN BASMATI RICE: Water, Basmati Rice, Expeller Pressed Canola Oil, Spices. CONTAINS: MILK

**Allergens**(C='Contains' MC='May Contain' N='Free From' UN='Undeclared' 30='Free From Not Tested' 50='Derived From Ingredients' 60='Not Derived From Ingredients' NI='No Info')

Eggs - N	Milk - C	Peanuts - N
Soy - N	Wheat - N	TreeNuts - N
Fish - N	Crustacean - N	Sesame - NI

### Handling Suggestions :

Keep refrigerated or frozen until ready to use. Heat thoroughly. Use or freeze by date on film.

### Benefits :

Authentic Recipe, Grab & Go, No artificial Ingredients, Preservative Free, No MSG, Gluten Free, Antibiotic Free

### Serving Suggestions :

1/2 Tray (8 oz.)

### Prep & Cooking Suggestions :

Remove tray from sleeve. Make two to three small slits on entrée side. Heat in microwave on high for 3 minutes from refrigerated / 3-4 minutes from frozen. Heat an additional 1-2 minutes until heated thoroughly. Let stand for 1 minute. Carefully remove film and serve hot.

Appliances vary. Adjust heating times as needed. CAUTION: Contents are hot.

\*Product must be cooked to an internal temperature of 165°F to ensure food safety and quality. Failure to cook thoroughly may increase the risk of foodborne illness.

### More Information :