

Cilantro Chicken Curry

Our Cilantro Chicken Curry is a milder tasting curry that has a distinctive herbal aroma which comes from fresh Cilantro blended with yogurt and coconut milk.



Nutrition Facts

25 Servings per container

Serving Size **5 oz.**

Amount Per Serving
Calories **180**

% Daily Value*

Total Fat 9g **11%**

Saturated Fat 2g **11%**

Trans Fat 0g

Cholesterol 50 mg **17%**

Sodium 490 mg **21%**

Total Carbohydrates 7 g **3%**

Dietary Fiber 1 g **4%**

Total Sugars 2 g

Includes 0 g Added Sugars **0%**

Protein 18 g

Vitamin D 0 mcg 0%

Calcium 40 mg 2%

Iron 1.7 mg 10%

Potassium 310mg 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 |
|---------|----------------|------------------|
| PMK4005 | 10886193420040 | 2 X 4 LB |

| Brand | Brand Owner | GPC Description |
|------------------|------------------------|------------------------------|
| Monsoon Kitchens | Monsoon Kitchens, Inc. | Chicken - Prepared/Processed |

| Gross Weight | Net Weight | Country of Origin | Kosher | Child Nutrition |
|--------------|------------|-------------------|------------|-----------------|
| 8.75 LBR | 8 LBR | United States | Undeclared | No |

Shipping Information

| Length | Width | Height | Volume | TlxHI | Shelf Life | Storage Temp From/To |
|-----------|---------|---------|-----------|-------|------------|----------------------|
| 11.75 INH | 8.5 INH | 4.5 INH | 0.260 FTQ | 20x12 | 730 Days | -10 FAH / 10 FAH |

Ingredients :

Chicken (Chicken, Water, Potato Starch, Salt), Low Fat Plain Yogurt (Cultured Low Fat Milk and Nonfat Milk Solids, Active Cultures), Water, Onions, Cilantro, Jalapeño Peppers, Canola Oil, Coconut Cream (Coconut Cream, Xanthan Gum, Guar Gum, Carrageenan), Garlic, Ginger, Spices, Corn Starch, Salt, Turmeric CONTAINS: MILK, COCONUT

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 - C |
| Fish - N | Crustacean - N | |

Handling Suggestions :

Keep frozen until ready to use. Heat frozen product in hot water bath. Do not put bag in a steamer. Failure to follow directions could result in injury and loss of product. Refrigerate unused portion and use within 3 days. Do not refreeze unused portion.

Benefits :

Authentic, Gluten Free, Chicken Raised without antibiotics, no preservatives, no MSG, zero trans fats, easy to use, desirable case size.

Serving Suggestions :

Serve with Naan and Basmati Rice.

Prep & Cooking Suggestions :

Place frozen bags in a hot water bath and cook to internal temperature of 165°F. Carefully remove bag from water and transfer contents into pan. Estimated cooking time is 35-40 minutes. Refrigerate unused portion and use within 3 days. Do not refreeze unused portion.

Caution: Do not place bag in steamer. Failure to follow directions could result in injury and loss of product.

