



Chicken in Vindaloo Sauce

This is a Goan dish from the Southwest coast of India. Although this is traditionally a fiery, hot dish made with pork, our Chicken in Vindaloo Sauce tastes equally good, though without the searing hot spices.



Nutrition Facts

25 Servings per container

Serving Size **5 oz.**

Amount Per Serving
Calories **160**

	% Daily Value*
Total Fat 6 g	8%
Saturated Fat 1.5 g	6%
Trans Fat 0 g	
Cholesterol 45 mg	15%
Sodium 460 mg	20%
Total Carbohydrates 8 g	3%
Dietary Fiber 1 g	4%
Total Sugars 2 g	
Includes <1g Added Sugars	1%

Protein 16 g	
Vitamin D 0 mcg	0%
Calcium 30 mg	2%
Iron 1.4mg	8%
Potassium 320 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
PMK4003	10886193420033	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), Water, Tomato Paste, Onions, Potatoes, Canola Oil, Garlic, Ginger, White Vinegar, Spices, Jalapeño Peppers, Salt, Corn Starch, Sugar, Tamarind Concentrate, Turmeric.

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 - NI	Milk - NI	Peanuts - NI
Soy - NI	Wheat - NI	TreeNuts - NI
Fish - NI	Crustacean - NI	

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.

Serving Suggestions :

Serve with Basmati Rice or Naan.

Benefits :

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

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. 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.

