



Chicken Tikka Masala 12 oz. Meal

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



MAY26

Nutrition Facts

1 Serving per container

Serving Size 12 oz (340g)

Amount Per Serving

Calories 450

% Daily Value*

Total Fat 18g 22%

Saturated Fat 5g 27%

Trans Fat 0 g

Cholesterol 100mg 33%

Sodium 600 mg 26%

Total Carbohydrates 40g 15%

Dietary Fiber 2g 5%

Total Sugars 5g

Includes <1 g Added Sugars 2%

Protein 33g

Vitamin D 0.3mcg 2%

Calcium 60mg 4%

Iron 3mg 15%

Potassium 520mg 10%

* 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
MKR19308	10886193960010	6-12 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
5.11 LBR	4.5 LBR	United States	Undeclared	No

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
13.875 INH	9.625 INH	4.5 INH	.35 FTQ	12x10	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 tray (12oz)

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 :