



Vindaloo Sauce PMK3004

Vindaloo Sauce is Goan sauce from the Southwest coast of India. It represents spicy, sour and sweet, all at once; our sauce captures all flavors with tempered heat levels.



2/13/2026

Nutrition Facts

64 Servings per container

Serving Size 2 oz.

Amount Per Serving

Calories 45

% Daily Value*

Total Fat 3 g 4%

Saturated Fat 0 g 0%

Trans Fat 0 g

Cholesterol 0 mg 0%

Sodium 280 mg 12%

Total Carbohydrates 5 g 2%

Dietary Fiber 1 g 3%

Total Sugars 2 g

Includes <1g Added Sugars 2%

Protein 1 g

Vitamin D 0 mcg 0%

Calcium 20 mg 2%

Iron 0.5 mg 4%

Potassium 120 mg 2%

* 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
PMK3004	10886193320043	2 X 4 LB

Brand	Brand Owner	GPC Description
Monsoon Kitchens	Monsoon Kitchens, Inc.	Sauces - Cooking (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
8.85 LBR	8 LBR	United States	Undeclared	No

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
12 INH	8.5 INH	5 INH	0.295 FTQ	20x12	730 Days	-10 FAH / 10 FAH

Ingredients :

Water, Tomato Paste, Onions, Canola Oil, Garlic, Ginger, Spices, Sugar, Jalapeño Peppers, Salt, White Vinegar, Tapioca Starch, Tamarind Concentrate, Paprika

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 - N	Peanuts - N
Soy - N	Wheat - N	TreeNuts - N
Fish - N	Crustacean - N	

Handling Suggestions :

Keep frozen until ready to use.

Benefits :

Authentic, Vegan, Gluten Free, no additives, no preservatives, no MSG, zero trans fats, easy to use, desirable case size.

Serving Suggestions :

Use to make traditional chicken or meat Vindaloo. Add coconut milk or cream to make milder flavored curry for seafood. Simmer mini meatballs in sauce to get a spicy, sweet and sour appetizer.

More Information :

Halal Friendly

Cooking Instructions:

COOKING DIRECTIONS FOR IMMEDIATE USE: KEEP FROZEN UNTIL READY TO USE

OPTION 1: Place frozen bag(s) in a hot water bath or steamer and cook until internal temperature reaches 165°F*. (Keeping bags in steamer once fully cooked may cause bags to burst). Carefully remove bag(s) from water and transfer contents into a pan and hold hot.

OPTION 2: Remove frozen product from bag and place in a hotel pan. Cover and cook in a steamer or conventional oven until internal temperature reaches 165°F*. Hold hot.

COOKING DIRECTIONS FOR LATER USE: THAW IN REFRIGERATOR UNTIL READY TO USE

THAWED SHELF LIFE (refrigerated below 40°F):

UNOPENED BAG: 1 week when stored below 40°F | OPENED BAG: 3 days when stored below 40°F

Cook using either of the above directions until internal temperature reaches 165°F*.

Cooking times may vary. CAUTION: Contents will be very hot. Do not refreeze unused portions.

*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.

