

Palak Paneer

Although Palak (spinach) Paneer (cheese) is a staple on the menus of Indian restaurants throughout the world, it is served only on special occasions in North Indian homes. We at Monsoon Kitchens bring you this delicious spinach dish in its authentic form so you can serve something special to your customers anytime.



Nutrition Facts

25 Servings per container

Serving Size 5 oz. (142 g)

Amount Per Serving

Calories 140

% Daily Value*

Total Fat 9 g 12%

Saturated Fat 3.5 g 18%

Trans Fat 0.5 g

Cholesterol 15 mg 4%

Sodium 530 mg 23%

Total Carbohydrate 9 g 3%

Dietary Fiber 3 g 11%

Total Sugars 2 g

Includes 0g Added Sugars 0%

Protein 8 g

Vitamin D 0 mg 0 %

Calcium 200 mg 15%

Iron 1.9 mg 10%

Potassium 350 mg 8%

*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	Pack Description
PMK5001	10886193520016	2 X 4 LBR	Palak Paneer

Brand	Brand Owner	GPC Description
Monsoon Kitchens	Monsoon Kitchens, Inc.	Vegetable Based Products - Not Ready to Eat (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
8.85 LBR	8 LBR	USA	No	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 :

Spinach, Water, Paneer Cheese (Milk, Vinegar, Lactic Acid, Canola Oil), Broccoli, Tomato Paste, Onions, Milk Powder (Lactose, Non-Dairy Creamer, Whole Milk Powder, Nonfat Dry Milk), Canola Oil, Spices, Ginger, Garlic, Salt, Baking Soda, Black Salt

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	

Handling Instructions:

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 as an entrée or a side dish with Naan or Basmati Rice.

More Information :

Halal Friendly

Benefits :

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

Prep & Cooking Suggestions :

Place frozen bags in a hot water bath. Allow to cook for 50-60 minutes, or until an internal temperature of 165°F is reached. Cooking times may vary. Carefully remove bag from water and transfer contents to pan. Refrigerate unused portions and use within 3 days.

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

