



monsoon
KITCHENS®



AUTHENTIC MEALS

Grab & Go · Heats in 6 Minutes

Now there's a heat & eat meal that will let your taste buds travel too. Our meals use the authentic regional recipes that capture the best of home-cooked goodness from half a world away. Brimming with the rich mix of spices and ingredients simmered to perfection over time, they're the best way to satisfy any appetite for the true taste of India.





monsoon
KITCHENS

NO ARTIFICIAL INGREDIENTS • PRESERVATIVE FREE
Authentic Indian Meals

PRODUCT	ITEM #	UPC #	PACKAGE NET WT.	SERV. SIZE	SERV. PER PACKAGE	PACKAGES PER CASE	SERV. PER CASE	NET WT. PER CASE
BUTTER CHICKEN	MKR19200	886193920017	16 oz.	8 oz.	2	6	12	8 lbs
CHICKEN TIKKA MASALA	MKR19203	886193920048	16 oz.	8 oz.	2	6	12	8 lbs

BUTTER CHICKEN

Nutrition Facts			
2 servings per container			
Serving size 1/2 tray (227g)			
	Per Serving	Per Container	
Calories	280	560	
	% DV*	% DV*	
Total Fat	9g 12%	18g	23%
Saturated Fat	3g 15%	6g	30%
Trans Fat	0g	0g	
Cholesterol	40mg 13%	75mg	25%
Sodium	300mg 13%	610mg	27%
Total Carb.	39g 14%	78g	28%
Dietary Fiber	1g 4%	2g	7%
Total Sugars	3g	5g	
Incl. Added Sugars	0g 0%	0g	0%
Protein	17g	22g	
Vitamin D	0mcg 0%	0mcg	0%
Calcium	25mg 2%	50mg	4%
Iron	2mg 10%	4mg	20%
Potassium	78mg 2%	156mg	4%

* The % Daily Value (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.

INGREDIENTS: BUTTER CHICKEN: Chicken, Water, Tomatoes, Onions, Unsalted Butter (Sweet Cream, Natural Flavoring), Cream, Canola Oil, Garlic, Potato Starch, Spices, Sea Salt, Sugar, Ginger, Black Salt, Tapioca Starch, Dried Fenugreek Leaves, Paprika. CUMIN BASMATI RICE: Water, Basmati Rice, Expeller Pressed Canola Oil, Spices. CONTAINS: MILK



CHICKEN TIKKA MASALA

Nutrition Facts			
2 servings per container			
Serving size 1/2 tray (227g)			
	Per Serving	Per Container	
Calories	280	560	
	% DV*	% DV*	
Total Fat	10g 13%	20g	26%
Saturated Fat	2.5g 13%	5g	25%
Trans Fat	0g	0g	
Cholesterol	45mg 15%	90mg	30%
Sodium	350mg 15%	710mg	31%
Total Carb.	34g 12%	68g	25%
Dietary Fiber	1g 4%	2g	7%
Total Sugars	2g	4g	
Incl. Added Sugars	1g 2%	1g	2%
Protein	18g	27g	
Vitamin D	0mcg 0%	0mcg	0%
Calcium	36mg 2%	71mg	6%
Iron	2mg 10%	4mg	20%
Potassium	23mg 0%	47mg	2%

* The % Daily Value (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.

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



FOR MORE INFO ABOUT OUR MEALS, CALL OR EMAIL: 1-508-842-0070 • info@monsoonkitchens.com