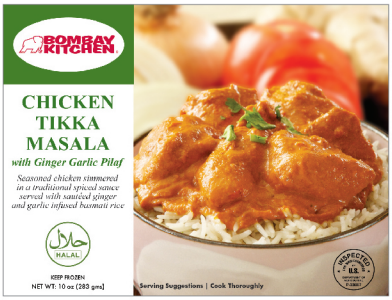
BOMBAY KITCHEN

CHICKEN TIKKA MASALA WITH GINGER GARLIC PILAF

Seasoned chicken simmered in a traditional spiced sauce served with basmati rice



Nutrition Facts
Serving Size: 10 ounces (283g)
Servings Per Container: 1

Amount Per Serving	
Calories 380	Calories from fat 160
	% Daily Value*
Total Fat 17g	27%
Saturated Fat 6g	29%
Trans Fat 0g	
Cholesterol 80mg	26%
Sodium 630mg	26%
Potassium 560 mg	16%
Total Carbohydrates 37g	12%
Dietary Fiber 3g	13%
Sugars 7g	
Protein 20g	
Vitamin A 15%	Vitamin C 20%
Calcium 6%	Iron 20%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2400mg
Potassium		3,500mg	3500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Contains: Milk, Cashews
Net Wt: 10 oz (283g) | 6 units/cs
UPC # 808550320049

CHICKEN SAMOSA

Turnover filled with sautéed chicken and spices

Nutrition Facts
Serving Size: 10 ounces (283g)
Servings Per Container: 1

Amount Per Serving	
Calories 530	Calories from fat 140
	% Daily Value*
Total Fat 15g	23%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 600mg	25%
Potassium 450 mg	13%
Total Carbohydrates 61g	20%
Dietary Fiber 3g	13%
Sugars 3g	
Protein 35g	
Vitamin A 10%	Vitamin C 10%
Calcium 6%	Iron 15%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2400mg
Potassium		3,500mg	3500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Contains: Wheat
Net Wt: 10 oz (283g) | 6 units/cs
UPC # 80855030119

BUTTER CHICKEN WITH GREEN PEAS PILAF

Marinated boneless chicken simmered in a rich buttery gravy served with sautéed green peas and basmati rice

Nutrition Facts
Serving Size: 10 ounces (283g)
Servings Per Container: 1

Amount Per Serving	
Calories 530	Calories from fat 140
	% Daily Value*
Total Fat 15g	23%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 600mg	25%
Potassium 450 mg	13%
Total Carbohydrates 61g	20%
Dietary Fiber 3g	13%
Sugars 3g	
Protein 35g	
Vitamin A 10%	Vitamin C 10%
Calcium 6%	Iron 15%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

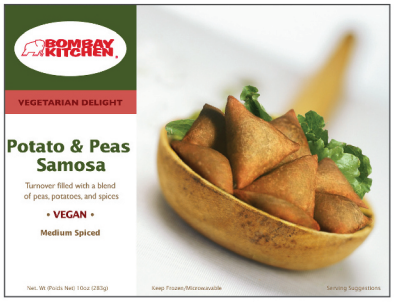
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2400mg
Potassium		3,500mg	3500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Contains: Milk, Cashews
Net Wt: 10 oz (283g) | 6 units/cs
UPC # 808550320018

POTATO & PEAS SAMOSA

Turnover filled with a blend of peas, potatoes, and spices



Nutrition Facts
Serving Size: 10 ounces (283g)
Servings Per Container: 1

Amount Per Serving	
Calories 540	Calories from fat 150
	% Daily Value*
Total Fat 17g	26%
Saturated Fat 4.5g	21%
Trans Fat 0g	
Cholesterol 90mg	30%
Sodium 480mg	20%
Potassium 400 mg	11%
Total Carbohydrates 59g	20%
Dietary Fiber 4g	16%
Sugars 3g	
Protein 35g	
Vitamin A 10%	Vitamin C 8%
Calcium 8%	Iron 20%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2400mg
Potassium		3,500mg	3500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Contains: Wheat
Net Wt: 10 oz (283g) | 6 units/cs
UPC # 808550200075

CHICKEN CURRY WITH CUMIN INFUSED PILAF

Traditionally seasoned chicken served in a rich zesty gravy accompanied with cumin inspired basmati rice

Nutrition Facts
Serving Size: 10 ounces (283g)
Servings Per Container: 1

Amount Per Serving	
Calories 540	Calories from fat 150
	% Daily Value*
Total Fat 17g	26%
Saturated Fat 4.5g	21%
Trans Fat 0g	
Cholesterol 90mg	30%
Sodium 480mg	20%
Potassium 400 mg	11%
Total Carbohydrates 59g	20%
Dietary Fiber 4g	16%
Sugars 3g	
Protein 35g	
Vitamin A 10%	Vitamin C 8%
Calcium 8%	Iron 20%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

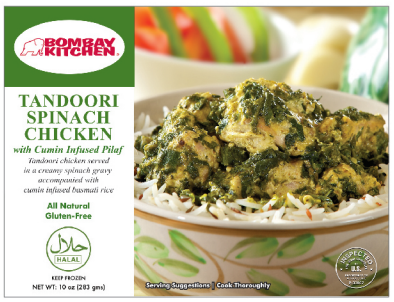
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2400mg
Potassium		3,500mg	3500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Contains: Milk
Net Wt: 10 oz (283g) | 6 units/cs
UPC # 808550320063

TANDOORI SPINACH CHICKEN WITH CUMIN INFUSED PILAF

Tandoori chicken served in a creamy spinach gravy accompanied with cumin infused basmati rice



Nutrition Facts
Serving Size: 10 ounces (283g)
Servings Per Container: 1

Amount Per Serving	
Calories 500	Calories from fat 150
	% Daily Value*
Total Fat 17g	26%
Saturated Fat 4.5g	22%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 510mg	21%
Potassium 630 mg	18%
Total Carbohydrates 62g	21%
Dietary Fiber 4g	16%
Sugars 2g	
Protein 26g	
Vitamin A 110%	Vitamin C 35%
Calcium 10%	Iron 20%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

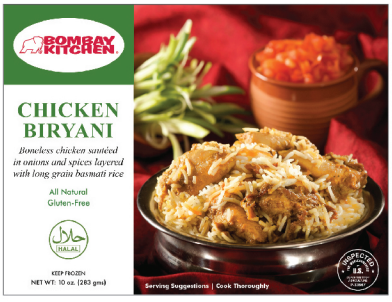
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2400mg
Potassium		3,500mg	3500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Contains: Milk, Tree Nuts
Net Wt: 10 oz (283g) | 6 units/cs
UPC # 808550320056

CHICKEN BIRYANI

Boneless chicken sautéed in onions and spices layered with long grain basmati rice



Nutrition Facts
Serving Size: 5 ounces (142g)
Servings Per Container: 2

Amount Per Serving	
Calories 255	Calories from fat 110
	% Daily Value*
Total Fat 13g	19%
Saturated Fat 1.75g	9%
Trans Fat 0g	
Cholesterol 28mg	9%
Sodium 330mg	14%
Potassium 145 mg	4%
Total Carbohydrates 23g	8%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 13g	
Vitamin A 5%	Vitamin C 2%
Calcium 3%	Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

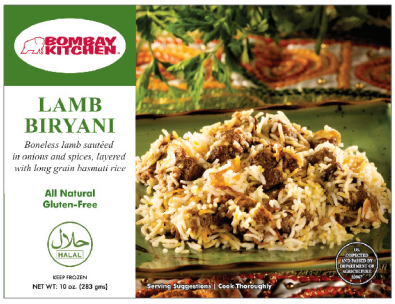
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2400mg
Potassium		3,500mg	3500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Contains: Milk, Cashews
Net Wt: 10 oz (283g) | 6 units/cs
UPC # 808550300089

LAMB BIRYANI

Boneless lamb sautéed in onions and spices, layered with long grain basmati rice



Nutrition Facts
Serving Size: 5 ounces (142g)
Servings Per Container: 2

Amount Per Serving	
Calories 260	Calories from fat 110
	% Daily Value*
Total Fat 13g	19%
Saturated Fat 2.5g	12%
Trans Fat 0g	
Cholesterol 25mg	9%
Sodium 240mg	10%
Potassium 240 mg	7%
Total Carbohydrates 23g	8%
Dietary Fiber 1g	5%
Sugars 3g	
Protein 11g	
Vitamin A 4%	Vitamin C 4%
Calcium 4%	Iron 15%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2400mg
Potassium		3,500mg	3500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

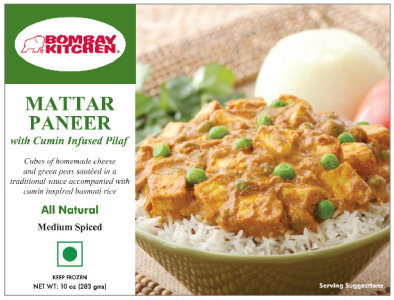
Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Contains: Milk, Cashews
Net Wt: 10 oz (283g) | 6 units/cs
UPC # 808550300171

BOMBAY KITCHEN

MATTER PANEER WITH CUMIN INFUSED PILAF

Cubes of homemade cheese and green peas sautéed in a traditional sauce accompanied with cumin inspired basmati rice



Nutrition Facts
Serving Size: 10 ounces (283g)
Servings Per Container: 1

Amount Per Serving	
Calories 500	Calories from fat 150
	% Daily Value*
Total Fat 17g	26%
Saturated Fat 4.5g	22%
Trans Fat 0g	
Cholestrol 75mg	25%
Sodium 510mg	21%
Potassium 630 mg	18%
Total Carbohydrates 62g	21%
Dietary Fiber 4g	16%
Sugars 2g	
Protein 20g	
Vitamin A 110%	Vitamin C 35%
Calcium 10%	Iron 20%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

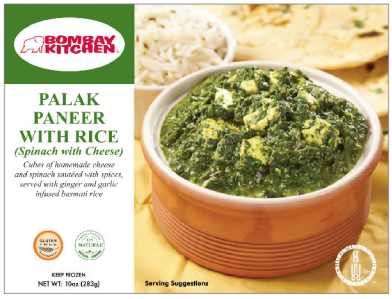
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2400mg
Potassium		3,500mg	3500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Contains: Milk, Tree Nuts
Net Wt: 10 oz (283g) | 6 units/cs
UPC # 808550200020

PALAK PANEER WITH RICE

Cubes of homemade cheese and spinach sautéed with spices, served with ginger and garlic infused basmati rice



Nutrition Facts
Serving Size: 10 ounces (283g)
Servings Per Container: 1

Amount Per Serving	
Calories 380	Calories from fat 160
	% Daily Value*
Total Fat 17g	27%
Saturated Fat 6g	29%
Trans Fat 0g	
Cholestrol 80mg	26%
Sodium 630mg	26%
Potassium 560 mg	16%
Total Carbohydrates 37g	12%
Dietary Fiber 3g	13%
Sugars 7g	
Protein 20g	
Vitamin A 15%	Vitamin C 20%
Calcium 6%	Iron 20%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

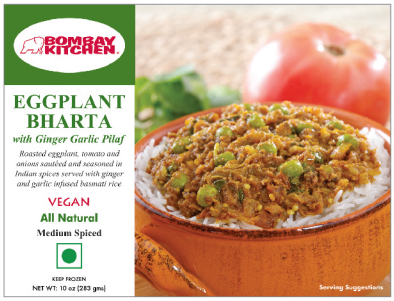
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2400mg
Potassium		3,500mg	3500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Contains: Milk, Cashews
Net Wt: 10 oz (283g) | 6 units/cs
UPC # 808550200037

EGGPLANT BHARTA WITH GINGER GARLIC PILAF

Roasted eggplant, to mato and onions sautéed and seasoned in Indian spices served with ginger garlic infused basmati rice



Nutrition Facts
Serving Size: 5 ounces (142g)
Servings Per Container: 2

Amount Per Serving	
Calories 255	Calories from fat 110
	% Daily Value*
Total Fat 13g	19%
Saturated Fat 1.75g	9%
Trans Fat 0g	
Cholestrol 28mg	9%
Sodium 330mg	14%
Potassium 145 mg	4%
Total Carbohydrates 23g	8%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 13g	
Vitamin A 5%	Vitamin C 2%
Calcium 3%	Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

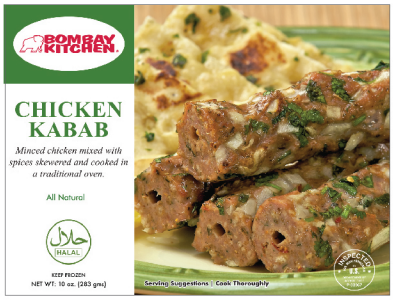
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium		2,400mg	2400mg
Potassium		3,500mg	3500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Net Wt: 10 oz (283g) | 6 units/cs
UPC # 808550200068

CHICKEN SEEKH KABAB

Minced chicken mixed with spices skewered and cooked in a traditional oven



Nutrition Facts
Serving Size: 5 ounces (142g)
Servings Per Container: 2

Amount Per Serving	
Calories 260	Calories from fat 110
	% Daily Value*
Total Fat 13g	19%
Saturated Fat 2.5g	12%
Trans Fat 0g	
Cholestrol 25mg	9%
Sodium 240mg	10%
Potassium 240 mg	7%
Total Carbohydrates 23g	8%
Dietary Fiber 1g	5%
Sugars 3g	
Protein 11g	
Vitamin A 4%	Vitamin C 4%
Calcium 4%	Iron 15%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

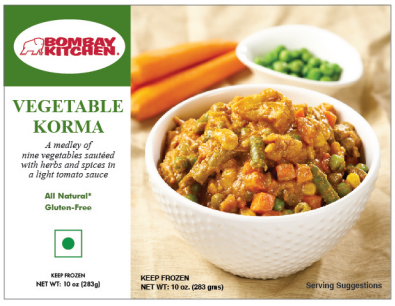
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2400mg
Potassium		3,500mg	3500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Contains: Milk
Net Wt: 10 oz (283g) | 6 units/cs
UPC # 808550300027

VEGETABLE KORMA WITH RICE

A medley of nine vegetables sautéed with hyerbs and spices in a light sauce with basmati rice



Nutrition Facts
Serving Size: 5 ounces (142g)
Servings Per Container: 2

Amount Per Serving	
Calories 200	Calories from fat 150
	% Daily Value*
Total Fat 16g	25%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholestrol 45mg	15%
Sodium 250mg	12%
Total Carbohydrates 10g	3%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 10g	
Vitamin A 20%	Vitamin C 25%
Calcium 4%	Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2400mg
Potassium		3,500mg	3500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Contains: Tree Nuts
Net Wt: 10 oz (283g) | 6 units/cs
UPC # 808550200051

LAMB SEEKH KABAB

Minced lamb mixed with spices, skewered and cooked in traditional oven

Nutrition Facts
Serving Size: 2 pieces (114g)
Servings Per Container: 2

Amount Per Serving	
Calories 410	Calories from fat 250
	% Daily Value*
Total Fat 28g	43%
Saturated Fat 11g	57%
Trans Fat 0g	
Cholestrol 140mg	47%
Sodium 490mg	20%
Potassium 520 mg	15%
Total Carbohydrates 2g	1%
Dietary Fiber less than 1g	4%
Sugars 0g	
Protein 35g	
Vitamin A 15%	Vitamin C 15%
Calcium 4%	Iron 20%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2400mg
Potassium		3,500mg	3500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Net Wt: 10 oz (283g) | 6 units/cs
UPC # 808550300010

CHANA MASALA WITH RICE

A delicious combination of chickpeas, onions, tomatoes and Indian spices with basmati rice

Nutrition Facts
Serving Size: 5 ounces (142g)
Servings Per Container: 2

Amount Per Serving	
Calories 200	Calories from fat 120
	% Daily Value*
Total Fat 13g	20%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholestrol 5mg	2%
Sodium 420mg	18%
Total Carbohydrates 17g	6%
Dietary Fiber 4g	16%
Sugars 2g	
Protein 5g	
Vitamin A 10%	Vitamin C 15%
Calcium 4%	Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2400mg
Potassium		3,500mg	3500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Contains: Milk, Tree Nuts
Net Wt: 10 oz (283g) | 6 units/cs
UPC # 808550200037

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