

Spicy Chicken Curry

Directions:

1. Open pouch and remove oxygen absorber
2. Prepare in pouch or other suitable container
3. Add 2 cups (16 oz.) boiling water to ingredients or fold / crease & fill pouch to "E-Z Fill Line" 7
4. Stir thoroughly then seal pouch or cover
5. Let stand 10 - 12 minutes; stir again & serve

INGREDIENTS: Instant White Rice, Lentils, Currants, Cooked Freeze-Dried Diced Chicken, Organic Coconut Cream Powder (Organic Coconut, Organic Tapioca Maltodextrin), Potato Starch, Diced Apples, Curry Powder, Fructose, Whey Powder, Organic Tamari Soy Sauce [(Organic Soybeans, Salt), Organic Maltodextrin, Salt], Low Sodium Sea Salt (Sodium, Chloride, Potassium), Freeze-Dried Spinach, Garlic Granules, Crushed Roasted White Sesame Seeds, Chopped Onion, Mixed Red & Green Bell Pepper, Sherry Wine Flavor [Contains Sulfites (spray dried with Maltodextrin)], Ground Turmeric, Ground Cinnamon, Ginger, Black Pepper, Citric Acid, Cumin, Cayenne Pepper, Jalapeno Pepper Powder, Cilantro.

Contains Soy, Wheat

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Nutrition Facts

Serving Size 2.75 oz (85g)

Servings Per Container 2

Amount Per Serving

Calories 300 **Calories from Fat 40**

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 380mg **16%**

Total Carbohydrate 59g **20%**

Dietary Fiber 7g **28%**

Sugars 14g

Protein 14g

Vitamin A 20% • Vitamin C 25%

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	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

