

## SAAG ALOO

280g



### Saag Aloo

Épinards au curry avec potaotes  
Spinat-Curry mit Potaotes

'Ashoka'- The world's leading ethnic Indian Foods brand brings to you a complete range of ready-to-eat Indian delicacies. Each recipe, conjured by master chefs, brings out the rich aromatic flavours and tastes. Great care and meticulous detailing are essential ingredients of every recipe.

An extremely popular North Indian dish, **Saag Aloo** is relished for its great taste and is made with a combination of potatoes, cooked with spinach and spices. This delightfully flavoured dish can be served with hot chapattis or rice.

#### HEATING INSTRUCTIONS



##### GAS BURNER

Take unopened foil pouch and immerse in boiling water for 3-5 minutes.  
Remove pouch, snip and serve.



##### MICROWAVE OVEN

Empty the contents of the pack in the microwaveable bowl and heat it for 2 minutes.  
Stir and serve.

#### INGREDIENTS

Potatoes (28 %), Spinach (24%), Onion, Tomatoes, Water, Sunflower Oil, Coconut Milk, Salt, Garlic, Ginger, Green Chilli Paste, Bengal Gram Flour, Coriander Powder, Cumin Powder, Cumin seeds, Spices (Star Anise, Black Cardamom, Black Pepper, Caraway, Cassia, Chili, Cloves, Coriander Powder, Cumin, Ginger Powder, Fennel Seeds), Dried Fenugreek Leaves, **Mustard**, Sugar, Turmeric Powder.

**Ingédients:** Pommes de Terre (28%), Les Épinards (24%), Oignons, Tomates, Eau, Huile de Tournesol, de Coco Lait, Sel, Ail, Gingembre, piment vert, Bengale Gram Farine, Poudre de Coriandre, Cumin en Poudre, Graines de Cumin, Épices (Anis Étoilé, Noir Cardamome, Poivre Noir, Cumin, Cassia, Chili, Clous De Girofle, La Coriandre en Poudre, Cumin, Gingembre en Poudre, Graines de Fenouil), Feuilles de Fenugrec Séchées, **Moutarde**, Sucre, Poudre de Curcuma.

**Zutaten:** Kartoffeln (28%), Spinat (24%), Zwiebeln, Tomaten, Wasser, Sonnenblumenöl, Kokosmilch, Salz, Knoblauch, Ingwer, grüne Chilipaste, Bengal Gram Mehl, Korianderpulver, Kreuzkümmel Pulver, Kreuzkümmel Samen, Gewürze (Stern-Anis, Schwarz Kardamom, schwarzer Pfeffer, caraway, Cassia, Chili, Nelken, Korianderpulver, Kümmel, Ingwer Pulver, Fenchelsamen), getrocknete Blätter Bockshornklee, **Senf**, Zucker, Kurkuma.

**Ingredienti:** patate (28%), spinaci (24%), cipolla, pomodori, acqua, olio di girasole, latte di cocco, sale, aglio, zenzero, peperoncino verde e incolla, del bengala gram farina, coriandolo in polvere, cumino in polvere, semi di cumino, spezie (anice stellato, nero cardamomo, pepe nero, cumino, cassia, peperoncino, chiodi di garofano, coriandolo in polvere, cumino, zenzero in polvere, semi di finocchio), fienogreco foglie secco, **senape**, zucchero, curcuma in polvere.

**Ingredientes:** Patatas (28%), espinaca (24%), cebolla, tomate, agua, aceite de girasol, coco leche, sal, ajo, jengibre, chile verde Pagar, Bengala Gram harina, cilantro en polvo, comino en polvo, semillas de comino, Especies (Estrella De Anís, Cardamomo Negro, Negro Pimienta, Alcaravea, Cassia, Chile, Clavo De Olor, Cilantro En Polvo, Comino, Jengibre En Polvo, Hinojo Seeds), secada alholva hojas, **mostaza**, azúcar, polvo de la cúrcuma.

#### Nutrition Facts

2 servings per container

Serving Size 1/2 cup (140g)

Amount per serving

**Calories 140**

% Daily Value\*

**Total Fat** 7g **11%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 680mg **28%**

**Total Carbohydrate** 15g **5%**

Dietary Fiber 1g **4%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

**Protein** 2g

Vitamin D 0mcg **0%**

Calcium 60mg **6%**

Iron 5mg **25%**

Potassium 162mg **6%**

\* 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.

U.S. FCE #09591

#### NUTRITION INFORMATION

Servings per package 2

Serving Size: 140 g

	Quantity per Serving	Quantity per 100 g
Energy	569.1 Kj / 135.9 Kcal	406.5 Kj / 97.1 Kcal
Protein	2.2 g	1.6 g
Fat, total	7.3 g	5.2 g
-saturated	1.3 g	0.9 g
Carbohydrate	14.9 g	10.7 g
sugars	0.1 g	0.1 g
Sodium	821.3 mg	586.7 mg

All specified values are averages

#### NUTRITION INFORMATION

Typical values per 100 g

Energy	406.5 Kj / 97.1 Kcal
Fat	5.2 g
Of which Saturated	0.9 g
Carbohydrate	10.7 g
Of which Sugar	<0.5 g
Protein	1.6 g
Salt	1.5 g

Manufactured by: **ADF FOODS LIMITED**

C-40, 40/1 40/2, 40/3, GIDC, Indl. Estate

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Mejor Antes de la Fecha

Consumarsi preferibilmente entro Data

Processed in a facility that also processes Tree nuts, Peanuts, Soya, Mustard & Sesame.

DO NOT USE THE INNER POUCH IF LEAKING OR BLOATED.

Requires no refrigeration until the pouch is opened



Product of India / Produit de L'inde | Produkt aus Indien | Prodotto di india | Producto de la india

Net Wt. / Poids Net / Netto Gew /  
Peso Neto / Peso Netto

280g e / 10 oz



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