



NATURALS

Vegetable Tagine Coconut Spiced Jade Rice Blend with Grilled Vegetables



NATURALS

KEEP FROZEN

100% BPA FREE PACKAGING



CHEF CRAFTED. RESTAURANT QUALITY. ALL NATURAL.*

Delivering delicious, restaurant-quality meals begins by hand-crafting each plate with quality all natural ingredients from recipes developed by chefs who embody a passion for making great food. Nothing artificial here.*

*NO ARTIFICIAL INGREDIENTS. MINIMALLY PROCESSED

Nutrition Facts

Serving Size 1 Plate (262g)
Servings Per Container

Amount Per Serving

Calories 240 Calories from Fat 60

% Daily Value*

Total Fat 7g 11%

Saturated Fat 3g 15%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 380mg 16%

Total Carbohydrate 44g 15%

Dietary Fiber 5g 20%

Sugars 7g

Protein 8g

Vitamin A 10% • Vitamin C 100%

Calcium 6% • 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	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

INGREDIENTS: Mixed Grilled Vegetables (Zucchini, Eggplant, Yellow Peppers, Red Peppers), Water, Jade Rice Blend (Bamboo Rice [Short Grain White Rice, Bamboo Extract], Wheat Berries, Basmati Rice, Green Lentils, Split Baby Garbanzo Beans, Daikon Radish Seed), Coconut Milk, Pineapple Tidbits in Juice (Pineapple, Pineapple Juice), Almonds, Sweet Potatoes, Onion, Raisins, Spices, Clover Honey, Cilantro, Tomato Paste, Vegetable Base (Vegetables [Onions, Tomatoes, Potatoes, Carrots, Celery], Salt, Yeast Extract, Corn Starch, Vegetable Oil [Corn, Soy, Canola], Onion Powder, Sugar, Natural Flavoring), Blend of Canola & Extra Virgin Olive Oil, Salt, Garlic Puree, Lemon Juice, Lime Juice, Sugar, Corn Starch, Turmeric.

Contains: Tree Nuts (Coconut & Almond), Wheat



HEATING INSTRUCTIONS: MICROWAVE (ONLY)

DO NOT PIERCE OR REMOVE OUTER PLASTIC WRAP.

FROM FROZEN:



Defrost then Heat High



or until internal temperature reaches 165°F.

FROM THAWED:



Heat High or until internal temperature reaches 165°F.

Before

After



IT IS NORMAL FOR FILM TO BALLOON.

CONTENTS WILL BE HOT. After heating let plate stand for 1 minute. Carefully peel using the pull tab or cut film from plate.

NOTE: Instructions are based on a 1000 watt microwave oven. Heating times may vary. Denser products may require additional heating time.

Microwave Only. Product is not ovenable.

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