

# Chicken Tikka Masala

## Nutrition Facts

Serving Size

8.0 fl oz

**Calories**

**250**

**% Daily Value\***

**Total Fat** 14g **18%**

Saturated Fat 9g **43%**

*Trans* Fat 0g

**Cholesterol** 30mg **10%**

**Sodium** 135mg **6%**

**Total Carbohydrate** 22g **8%**

Dietary Fiber 9g **33%**

Total Sugars 9g

Includes 0g Added Sugars **0%**

**Protein** 15g

Vit. D 0mcg 0%

Calcium 93mg 8%

Iron 3mg 15%

Potas. 950mg 20%

\* 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:** cauliflower, water, tomato, chicken, coconut milk, red bell pepper, yellow onion, cilantro, garlic, low sodium chicken base, low sodium vegetable base, garam masala, cumin, turmeric, fresh ginger, cayenne pepper

**Contains Tree nuts (Coconut)**