

# Nutrition Facts

Serving Size  
1.0 ea

Calories  
per serving **560**

Amount/serving	% DV	Amount/serving	% DV
<b>Total Fat</b> 33g	<b>42%</b>	<b>Total Carb.</b> 63g	<b>23%</b>
Saturated Fat 28g	<b>139%</b>	Fiber 10g	<b>37%</b>
<i>Trans Fat</i> 0g		Total Sugars 8g	
<b>Cholesterol</b> 0mg	<b>0%</b>	Incl.0g Added Sugars	<b>0%</b>
<b>Sodium</b> 410mg	<b>18%</b>	<b>Protein</b> 11g	
Vitamin D 0% · Calcium 15% · Iron 35% · Potassium 25%			

## Squash Curry, Brown Rice, Steamed Zucchini & Yellow Squash

Ingredients: water, coconut milk, yellow squash, zucchini squash, delicata squash, brown rice, cherry tomatoes, garbanzo beans, carrot, yam, red bell pepper, shallots, thai basil, cilantro, lime juice, red curry paste, sambal, fresh ginger, mushroom base, garlic, orange zest, fresh lemongrass, lime zest

Contains Soy, Tree nuts (Coconut), Wheat

# Nutrition Facts

Serving Size  
8.0 fl oz

Calories  
per serving **390**

Amount/serving	% DV	Amount/serving	% DV
<b>Total Fat</b> 31g	<b>40%</b>	<b>Total Carb.</b> 28g	<b>10%</b>
Saturated Fat 27g	<b>137%</b>	Fiber 8g	<b>27%</b>
<i>Trans Fat</i> 0g		Total Sugars 6g	
<b>Cholesterol</b> 0mg	<b>0%</b>	Incl.0g Added Sugars	<b>0%</b>
<b>Sodium</b> 400mg	<b>17%</b>	<b>Protein</b> 7g	
Vitamin D 0% · Calcium 10% · Iron 25% · Potassium 15%			

## Squash Curry

Ingredients: coconut milk, water, delicata squash, cherry tomatoes, garbanzo beans, carrot, yam, red bell pepper, shallots, thai basil, cilantro, lime juice, red curry paste, sambal, fresh ginger, mushroom base, garlic, orange zest, fresh lemongrass, lime zest

Contains Soy, Tree nuts (Coconut), Wheat

# Nutrition Facts

Serving Size

0.5 cup

Calories  
per serving **110**

Amount/serving

% DV

Total Fat 1g

1%

Saturated Fat 0g

0%

*Trans Fat* 0g

Cholesterol 0mg

0%

Sodium 0mg

0%

Amount/serving

% DV

Total Carb. 24g

9%

Fiber 1g

4%

Total Sugars 0g

Incl. 0g Added Sugars

0%

Protein 2g

Vitamin D 0% · Calcium 0% · Iron 4% · Potassium 2%

Brown Rice

Ingredients: water, brown rice