

No Ink or Coating - Glue area

Nutrition Facts

1 serving per container
Serving size 1 package (283g)

Amount per serving
Calories 480

	% Daily Value*
Total Fat 21g	27%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 100mg	33%
Sodium 740mg	32%
Total Carbohydrate 52g	19%
Dietary Fiber 2g	7%
Total Sugars 11g	
Includes 8g Added Sugars	16%
Protein 21g	40%
Vitamin D 0mcg	0%
Calcium 47mg	4%
Iron 2mg	10%
Potassium 381mg	8%

* 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: Chicken Korma (Cooked Dark Meat Chicken, Water, Coconut Milk [Coconut Extract 60%, Water], Heavy Cream, Sugar, Tahini [Sesame Seeds], Onions, Raisins, Expeller Pressed Canola Oil, Garlic, Ginger, Spices, Cornstarch, Lemon Juice Concentrate, Salt, Turmeric, Garlic Powder, Onion Powder, Xanthan Gum), Basmati Turmeric Rice (Water, Basmati Rice, Salt, Spices, Turmeric).

A ALLERGENS: Contains Milk, Sesame and Tree Nuts (Coconut).

Distributed By:
 Wegmans Food Markets, Inc.
 Rochester, NY 14603

HOW TO HEAT

Heating times may vary depending on your equipment.

- Place tray on microwave-safe plate. Peel film 1 inch on entrée side (keep rice covered).
- Heat on HIGH 3 min; carefully remove and stir entrée side.
- Re-cover; heat additional 1 min. Let stand 2 min.

Caution: Tray and contents are HOT.

We only offer products we love – and we hope you'll love them too. Enjoy!

The Wegmans Family



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BEST BY DATE CODE AREA

Wegmans
 Chicken Korma
 with Basmati Turmeric Rice



480 CALORIES
9g SAT FAT 45% DV
740mg SODIUM 32% DV
8g ADDED SUGARS 16% DV

PER 1 PACKAGE

Ready in 4 minutes
 Microwave right in tray

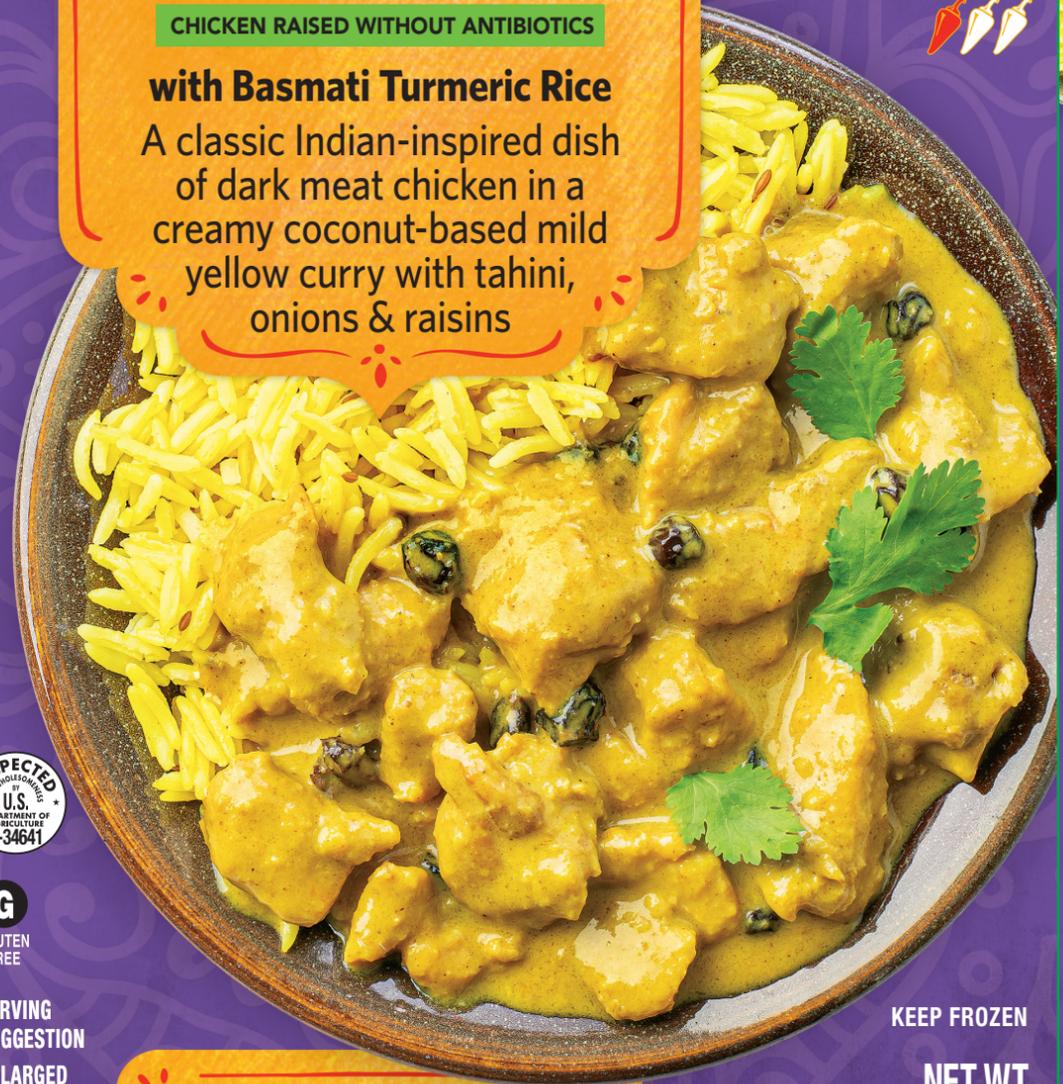


Wegmans
 Food You Feel Good About
Chicken Korma

CHICKEN RAISED WITHOUT ANTIBIOTICS

with Basmati Turmeric Rice

A classic Indian-inspired dish of dark meat chicken in a creamy coconut-based mild yellow curry with tahini, onions & raisins



G
 GLUTEN FREE

SERVING SUGGESTION
 ENLARGED TO SHOW TEXTURE

Meal for 1 • 21g of Protein*

*See nutrition information for saturated fat content

KEEP FROZEN

NET WT
 10 OZ (283 g)



Wegmans
 Chicken Korma
 with Basmati Turmeric Rice



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Wegmans
 Chicken Korma
 with Basmati Turmeric Rice