

Spicy African Peanut Stew with Sweet Potatoes

Directions:

1. Open pouch and remove oxygen absorber.
2. Prepare in pouch or other suitable container.
3. Add 1 3/4 cups (14 oz) boiling water to ingredients or fold / crease & fill pouch to "E-Z Fill Line" 8.
4. Stir thoroughly then seal pouch or cover.
5. Let stand 10 - 12 minutes; stir again & serve.

Ingredients: Instant White Rice, Peanut Flour (Peanut Flour, Defatted Peanut Flour, Peanuts, Roasted Peanuts, Roasted Peanut Flour, Defatted Peanuts), Sweet Potatoes, Coconut Milk (Maltodextrin, Sodium Caseinate), Soy Flour (Textured Vegetable Protein), White Onion, Tomato Flakes, Garlic Granulated, Roasted Onion Extract Powder (Onion Extract, Maltodextrin, Sugar, Roasted Onion Oil, Mixed Tocopherols), Sea Salt, Spinach, Natural Flavor [Contains Baker's Yeast Extract, Salt, Canola Oil (anti-dusting)], Paprika, Ginger, Cumin, Cilantro, Cayenne Pepper (Ground Red Pepper).

Contains: Peanut, Soy, Tree Nuts, Milk.

Nutrition Facts

2 servings per container

Serving size

1/2 package (74g)

Calories	Per Serving		Per Container	
	300		600	
	% Daily Value*		% Daily Value*	
Total Fat	8g	10%	16g	21%
Saturated Fat	4g	20%	8g	40%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	400mg	17%	800mg	35%
Total Carbohydrate	26g	9%	52g	19%
Dietary Fiber	3g	11%	7g	25%
Total Sugars	10g		21g	
Includes Added Sugars	0g	0%	1g	2%
Protein	13g		26g	
Vitamin D	0mcg	0%	1mcg	6%
Calcium	81mg	6%	161mg	10%
Iron	3mg	15%	6mg	35%
Potassium	1048mg	20%	2096mg	45%

*The % Daily Value 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.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



0g TRANS FAT
PER SERVING



GLUTEN
FREE

AlpineAire Foods 130 Cyber Ct. Rocklin, CA. 95765

Contains Bioengineered Food Ingredients

800.755.6701 info@alpineaire.com www.alpineaire.com

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