

# eatiful

• ORGANIC •

## Organic ready to eat curries



NON  
GMO



NO ARTIFICIAL  
INGREDIENTS



GLUTEN  
FREE



PLANT  
BASED

READY IN  
2 MIN





Organic green curry with mung beans and black rice

**Ingredients:** water, coconut cream\* (coconut extract\*, water), mushrooms\*, bell pepper\*, carrots\*, mung beans\*, black rice\*, fried onions\* (onions\*, sunflower oil\*), beet sugar\*, rice flour\*, green curry spice mix\* (contains leek\*, onion\*, chili\*), sea salt.

\* ORGANIC PRODUCTS

Net Weight: 10 oz (283 g)

Nutrition Facts		
Serving size 1 container (283g)		
Calories	Per serving	
	240	
	% DV*	
Total Fat	12g	16%
Saturated Fat	11g	55%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	880mg	38%
Total Carb.	27g	10%
Dietary Fiber	7g	25%
Total Sugars	11g	
Incl. Added Sugars	0g	8%
Protein	7g	
Vitamin D	0mcg	4%
Calcium	75mg	6%
Iron	4.5mg	25%
Potassium	700mg	21%
* 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.		



Organic curry with lentils and shiitake mushrooms

**Ingredients:** water, coconut cream\* (coconut extract\*, water), tomatoes\*, shiitake mushrooms\*, green lentils\*, carrots\*, potatoes\*, fried onions\* (onions\*, sunflower oil\*), beet sugar\*, rice flour\*, indian style curry spices\* (contains chili\*, garlic\*), sea salt, sweet paprika powder\*.

\* ORGANIC PRODUCTS

Net Weight: 10 oz (283 g)

Nutrition Facts		
Serving size 1 container (283g)		
Calories	Per serving	
	280	
	% DV*	
Total Fat	12g	16%
Saturated Fat	11g	55%
Trans Fat	0g	
Cholesterol	0g	0%
Sodium	0mg	0%
Total Carb.	35g	13%
Dietary Fiber	7g	25%
Total Sugars	11g	
Incl. Added Sugars	0g	0%
Protein	9g	
Vitamin D	0mcg	0%
Calcium	75mg	6%
Iron	12mg	67%
Potassium	750mg	22%
* 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.		



Organic curry with chickpeas and chestnut mushrooms

**Ingredients:** water, coconut cream\* (coconut extract\*, water), chestnut mushrooms\*, bell pepper\*, carrots\*, chickpeas\*, fried onions\* (onions\*, sunflower oil\*), corn starch\*, beet sugar\*, thai style curry spices\* (contains onion\*, paprika\*, garlic\*, chili\*), sea salt, chili\*.

\* ORGANIC PRODUCTS

Net Weight: 10 oz (283 g)

Nutrition Facts		
Serving size 1 container (283g)		
Calories	Per serving	
	270	
	% DV*	
Total Fat	13g	17%
Saturated Fat	11g	55%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	890mg	39%
Total Carb.	31g	11%
Dietary Fiber	8g	29%
Total Sugars	12g	
Incl. Added Sugars	0g	0%
Protein	8g	
Vitamin D	0mcg	0%
Calcium	100mg	8%
Iron	5mg	28%
Potassium	800mg	24%
* 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.		