



Flavour of India





Flavour of India

Just Heat & Eat Meals 285g

Awaken your senses with a taste all the way from India with the Taj Mahal ready-to-eat dishes

Vegetarian / Vegan / Natural / No Preservatives / Ready-To-Eat / Made in India.



MICROWAVABLE
Se prépare au micro-ondes



TRULY NATURAL
Véritablement naturel



*Applicable to select products

JIVA
ORGANICS



Nutrition Facts		Valeur nutritive	
Serving size 1/2 cup (125 ml) Portion 1/2 tasse (125 ml)			
Calories	130	% Daily Value	% valeur quotidienne
Fat / Lipides	9 g	14 %	
Saturated / saturés	1 g		20 %
+ Trans / trans	0 g		
Carbohydrate / Glucides	11g	4 %	
Fibre / Fibres	4g		16 %
Sugars / Sucres	5g		
Protein / Protéines	4g		
Cholesterol / Cholestérol	0 mg	0 %	
Sodium	350mg		15 %
Calcium		6 %	
Iron / Fer		20 %	

*5% or less is a **little**, 15% or more is a **lot**
*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

JIVA CODE - TAJ-60002 UPC: 059443600025



Nutrition Facts		Valeur nutritive	
Serving size 1/2 cup (125 ml) Portion 1/2 tasse (125 ml)			
Calories	120	% Daily Value	% valeur quotidienne
Fat / Lipides	5 g	8 %	
Saturated / saturés	2.5 g		13 %
+ Trans / trans	0 g		
Carbohydrate / Glucides	13 g	4 %	
Fibre / Fibres	2 g		8 %
Sugars / Sucres	6 g		
Protein / Protéines	5 g		
Cholesterol / Cholestérol	0 mg	0 %	
Sodium	250mg		10 %
Calcium		4 %	
Iron / Fer		20 %	

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JIVA CODE - TAJ-60010 UPC: 059443600100

Baingan Bharta



Ingredients: Roasted Eggplant, Onion, Tomato, Sunflower Oil, Green Peas, Salt, Cilantro, Green Chilli, Spices (Coriander, Cumin, Red Chilli, Paprika), Garlic.

Allergy Alert: Manufactured using equipment and in a plant that also processes wheat, peanuts, tree nuts, sesame seeds, soy, mustard and milk.

Navratan Korma

Ingredients: Potato, Cauliflower, Carrot, Cream, Pineapple, Cottage Cheese, Green Peas, Sunflower Oil, Cashew Nut, French Beans, Tomato, Coconut Milk Powder, Onion, Clarified Butter, Salt, Sugar, Spices (Green Chili, Cumin, Garlic, Coriander, CurryLeaves, Black Pepper, Clove Leaves, Cardamom, Fennel Seeds, Cloves, Turmeric).

Allergy Alert: Manufactured using equipment and in a plant that also processes wheat, peanuts, tree nuts, sesame seeds, soy, mustard and milk.



Nutrition Facts		Valeur nutritive	
Serving size 1/2 cup (125 ml) Portion 1/2 tasse (125 ml)			
Calories	180	% Daily Value	% valeur quotidienne
Fat / Lipides	10 g	15 %	
Saturated / saturés	6 g		31 %
+ Trans / trans	0 g		
Carbohydrate / Glucides	15 g	5 %	
Fibre / Fibres	6 g		24 %
Sugars / Sucres	4 g		
Protein / Protéines	7 g		
Cholesterol / Cholestérol	0 mg	0 %	
Sodium	510mg		21 %
Calcium		4 %	
Iron / Fer		25 %	

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*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

JIVA CODE - TAJ-60007 UPC: 059443600070



Nutrition Facts		Valeur nutritive	
Serving size 1/2 cup (125 ml) Portion 1/2 tasse (125 ml)			
Calories	130	% Daily Value	% valeur quotidienne
Fat / Lipides	9 g	14 %	
Saturated / saturés	1 g		20 %
+ Trans / trans	0 g		
Carbohydrate / Glucides	11g	4 %	
Fibre / Fibres	4g		16 %
Sugars / Sucres	5g		
Protein / Protéines	4g		
Cholesterol / Cholestérol	0 mg	0 %	
Sodium	350mg		15 %
Calcium		6 %	
Iron / Fer		20 %	

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JIVA CODE - TAJ-60006 UPC: 259443600025

Dal Makhani

Ingredients: Black Gram, Tomato, Cream, Red Kidney Beans, Garlic, Onion, Split Bengal Gram, Ginger, Salt, Corn Flour, Chili Powder, Bay Leaves, Spices (Cardamom, Mace, Cinnamon, Caraway Seeds, Clove, Black Pepper, Cumin, Star Anise, Fennel Seeds, Nutmeg, Coriander, Turmeric, Asafetida, Paprika)

Allergy Alert: Manufactured using equipment and in a plant that also processes wheat, peanuts, tree nuts, sesame seeds, soy, mustard and milk.

Chana Masala



Ingredients: Chickpeas, Onion, Sunflower Oil, Tomato, Cilantro, Ginger, Salt, Spices (Red Chili Powder, Coriander, Green Chili Powder, Cumin, Black Pepper, Cassia, Cardamom, Clove, Cassia Leaves, Clove Leaves, Turmeric, Garlic, Fennel Seeds, Mint Leave, Fenugreek, Star Anise, Mustard, Caraway Seeds, Nutmeg)

Allergy Alert: Manufactured using equipment and in a plant that also processes wheat, peanuts, tree nuts, sesame seeds, soy, mustard and milk.



Nutrition Facts		Valeur nutritive	
Serving size 1/2 cup (125 ml) Portion 1/2 tasse (125 ml)			
Calories	180	% Daily Value	% valeur quotidienne
Fat / Lipides	13g	20%	
Saturated / saturés	5 g	25%	
+ Trans / trans	0 g		
Carbohydrate / Glucides	6 g	2%	
Fibre / Fibres	4 g	16%	
Sugars / Sucres	1 g		
Protein / Protéines	7g		
Cholesterol / Cholestérol	0 mg	0%	
Sodium	410mg	17%	
Calcium		4%	
Iron / Fer		30%	

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JIVA CODE - TAJ-60005 UPC: 059443600056

Mattar Paneer

Ingredients: Green Peas, Cottage Cheese, Sunflower Oil, Onion, Cream, Cashew Nuts, Tomato Paste, Salt, Cilantro Leaves, Corn Flour, Red Chili, Turmeric Powder, Green Chili, Cumin, Garlic, Coriander, Ginger, Spices (Cardamom, Mace, Cinnamon, Caraway, Cloves, Star Anise, Fennel, Nutmeg, Cassia, Cassia Leaves, Clove Leaves, Mint Leaves, Dry Fenugreek, Mustard, Black Pepper, Paprika)

Allergy Alert: Manufactured using equipment and in a plant that also processes wheat, peanuts, tree nuts, sesame seeds, soy, mustard and milk.



Nutrition Facts		Valeur nutritive	
Serving size 1/2 cup (125 ml) Portion 1/2 tasse (125 ml)			
Calories	180	% Daily Value	% valeur quotidienne
Fat / Lipides	16 g	25%	
Saturated / saturés	9 g	45%	
+ Trans / trans	0 g		
Carbohydrate / Glucides	8 g	3%	
Fibre / Fibres	2 g	8%	
Sugars / Sucres	3 g		
Protein / Protéines	7g		
Cholesterol / Cholestérol	10mg	3%	
Sodium	440mg	18%	
Calcium		8%	
Iron / Fer		20%	

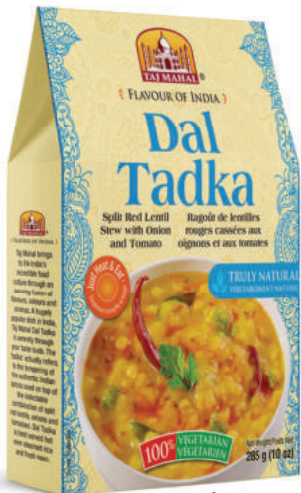
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JIVA CODE - TAJ-60004 UPC: 059443600049

Palak Paneer

Ingredients: Spinach, Tomato, Cottage Cheese, Onion, Sunflower Oil, Garlic, Cilantro, Salt, Green Chili, Cumin, Spices (Coriander, Black Pepper, Cassia, Cardamom, Clove, Cassia Leaves, Clove Leaves, Turmeric, Fennel Seeds, Mint Leaves, Fenugreek, Star Anise, Mustard, Ginger, Mace, Cinnamon, Caraway, Nutmeg), Corn Flour, Chlorophyll (Natural Colour E141)

Allergy Alert: Manufactured using equipment and in a plant that also processes wheat, peanuts, tree nuts, sesame seeds, soy, mustard and milk.



Nutrition Facts		Valeur nutritive	
Serving size 1/2 cup (125 ml) Portion 1/2 tasse (125 ml)			
Calories	170	% Daily Value	% valeur quotidienne
Fat / Lipides	6 g	9%	
Saturated / saturés	1.5 g	8%	
+ Trans / trans	0 g		
Carbohydrate / Glucides	27 g	7%	
Fibre / Fibres	5 g	17%	
Sugars / Sucres	0g		
Protein / Protéines	8g		
Cholesterol / Cholestérol	0 mg	0%	
Sodium	550mg	23%	
Calcium		6%	
Iron / Fer		20%	

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JIVA CODE - TAJ-60003 UPC: 059443600030

Dal Tadka

Ingredients: Onion, Split Red Gram, Sunflower Oil, Green Chili, Salt, Lime Juice, Tomato, Garlic, Cilantro, Spices (Coriander, Turmeric, Red Chili, Cardamom, Ginger, Mace, Cinnamon, Caraway Seeds, Clove, Black Pepper, Cumin, Star Anise, Fennel Seeds, Nutmeg, Asafoetida)

Allergy Alert: Manufactured using equipment and in a plant that also processes wheat, peanuts, tree nuts, sesame seeds, soy, mustard and milk.



Nutrition Facts		Valeur nutritive	
Serving size 1/2 cup (125 ml) Portion 1/2 tasse (125 ml)			
Amount		% Daily Value	% valeur quotidienne
Teneur			
Calories / Calories	160		
Fat / Lipides	10 g	16%	
Saturated / saturés	3 g	14%	
+ Trans / trans	0 g		
Cholesterol / Cholestérol	0 mg	0%	
Sodium / Sodium	470 mg	19%	
Carbohydrate / Glucides	7 g	3%	
Fibre / Fibres	5 g	19%	
Sugars / Sucres	2 g		
Protein / Protéines	9 g		
Vitamin A / Vitamine A		15%	
Vitamin C / Vitamine C		4%	
Calcium / Calcium		4%	
Iron / Fer		30%	

JIVA CODE - TAJ-60003 UPC: 059443600030

Pav Bhaji

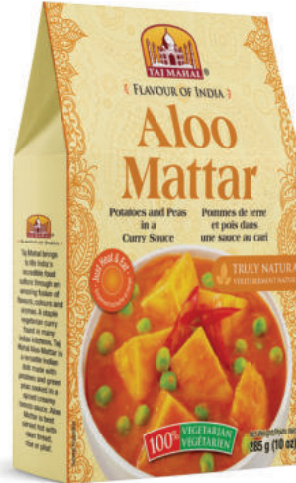
Ingredients: Potato, tomato, sunflower oil, green peas, onion, bell peppers, salt, spices, cilantro, ginger, garlic, lime juice.

Allergy Alert: Manufactured using equipment and in a plant that also processes wheat, peanuts, tree nuts, sesame seeds, soy, mustard and milk.



Nutrition Facts		Valeur nutritive	
Serving size 1/2 cup (125 ml)			
Portion 1/2 tasse (125 ml)			
Amount		% Daily Value	
Teneur		% valeur quotidienne	
Calories / Calories 240			
Fat / Lipides 15 g		23 %	
Saturated / saturés 7 g		35 %	
+ Trans / trans 0 g			
Cholesterol / Cholestérol 10 mg		3 %	
Sodium / Sodium 660 mg		28 %	
Carbohydrate / Glucides 18 g		6 %	
Fibre / Fibres 5 g		20 %	
Sugars / Sucres 5 g			
Protein / Protéines 8 g			
Vitamin A / Vitamine A		2 %	
Vitamin C / Vitamine C		4 %	
Calcium / Calcium		8 %	
Iron / Fer		20 %	

JIVA CODE - TAJ-60001 UPC: 059443600016



Nutrition Facts		Valeur nutritive	
Serving size 1/2 cup (125 ml)			
Portion 1/2 tasse (125 ml)			
Amount		% Daily Value	
Teneur		% valeur quotidienne	
Calories / Calories 190			
Fat / Lipides 12 g		18 %	
Saturated / saturés 2.15 g		11 %	
+ Trans / trans 0 g			
Cholesterol / Cholestérol 0 mg		0 %	
Sodium / Sodium 420 mg		18 %	
Carbohydrate / Glucides 15 g		5 %	
Fibre / Fibres 8 g		32 %	
Sugars / Sucres 1 g			
Protein / Protéines 7 g			
Vitamin A / Vitamine A		20 %	
Vitamin C / Vitamine C		2 %	
Calcium / Calcium		6 %	
Iron / Fer		10 %	

JIVA CODE - TAJ-60008 UPC: 059443600089

Spinach Dal

Ingredients: Onion, Split Bengal Gram, Sunflower Oil, Spinach, Water, Tomatoes, Salt, Lemon, Garlic, Coriander, Cumin, Cardamom, Fenugreek, Ginger, Black Pepper, White Pepper, Bay Leaves, Turmeric Powder, Red Chili Powder.

Allergy Alert: Manufactured using equipment and in a plant that also processes wheat, peanuts, tree nuts, sesame seeds, soy, mustard and milk.

Palak Paneer

Ingredients: Potato, Onion, Green Peas, Tomato, Sunflower Oil, Oil, Salt, Cilantro, Green Chili, Garlic, Spices (Coriander, turmeric, cumin, mustard curry leaves, paprika), Ginger.

Allergy Alert: Manufactured using equipment and in a plant that also processes wheat, peanuts, tree nuts, sesame seeds, soy, mustard and milk.



Flavour of India

Organic Brown Basmati Rice 908g

When you think "brain food" does Basmati rice come to mind? We believe it should. Taj Mahal long grain Basmati rice is a premium rice from India that cooks fluffy delicious and fragrant. Not to mention it's gluten free and has nothing artificial added to its ingredients..



Certified Organic by QAI
Certifié biologique par QAI



TRULY NATURAL
Véritablement naturel



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JIVA CODE - TAJ-91508 UPC: 059443915085

Nutrition Facts Valeur nutritive	% Daily Value* % valeur quotidienne*		% Daily Value* % valeur quotidienne*		% DV* / % VQ*	
	Serving size 1/4 (45g) Portions 1/4 (45g)	Fat / Lipides 1.5 g	2 %	Carbohydrate / Glucides 33 g	8 %	Sodium 0 mg
Calories 150	Saturated / saturés 0 g	0%	Fibre / Fibres 2g		Potassium 60 mg	2 %
	+ Trans / trans 0 g		Sugars / Sucres 1 g		Calcium 0 mg	0 %
	Protein / Protéines 4 g		Cholesterol / Cholestérol 0 mg		Iron / Fer	4%

* 5% or less is **a little**, 15% or more is **a lot** / * 5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

Organic Brown Basmati Rice

Ingredients: Organic Brown Basmati rice

Allergy Alert: Manufactured using equipment and in a plant that also processes wheat, peanuts, tree nuts, sesame seeds, soy, mustard and milk.



JIVA CODE - TAJ-91511 UPC: 0 59443 91511 9

Nutrition Facts Valeur nutritive	% Daily Value* % valeur quotidienne*		% Daily Value* % valeur quotidienne*		% DV* / % VQ*	
	Serving size 1/4 (45g) Portions 1/4 (45g)	Fat / Lipides 1.5 g	2 %	Carbohydrate / Glucides 33 g	8 %	Sodium 0 mg
Calories 150	Saturated / saturés 0 g	0%	Fibre / Fibres 2g		Potassium 60 mg	2 %
	+ Trans / trans 0 g		Sugars / Sucres 1 g		Calcium 0 mg	0 %
	Protein / Protéines 4 g		Cholesterol / Cholestérol 0 mg		Iron / Fer	4%

* 5% or less is **a little**, 15% or more is **a lot** / * 5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

Organic White Basmati Rice

Ingredients: Organic White Basmati rice

Allergy Alert: Manufactured using equipment and in a plant that also processes wheat, peanuts, tree nuts, sesame seeds, soy, mustard and milk.



Chutney Range 454g

This chutney is sweet and spicy, just the way we like it! Made in Vancouver by a Canadian-Indian family company, these chutneys contains NO preservatives, hydrogenated oils, artificial flavours or nasty ingredients.





Nutrition Facts Valeur nutritive	
Per 1-1/2 tbsp. (27 g) / Par 1-1/2c. à soupe (27 g)	
Calories 50	% Daily Value % valeur quotidienne
Fat / Lipides 0 g	0%
Saturated / saturés 0 g	
+ Trans / trans 0 g	0%
Carbohydrate / Glucides 14 g	5%
Fibre / Fibres 0 g	0%
Sugars / Sucres 8 g	8%
Protein / Protéines 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium 280 mg	12%
Potassium 40 mg	1%
Calcium 2 mg	0%
Iron / Fer 0.44 mg	0%
*5% or less is a little , 15% or more is a lot *5% ou moins c'est peu , 15% ou plus c'est beaucoup	

JIVA CODE - TAJ-60044 UPC: 059443600446

Major Grey Chutney

Ingredients: Mangoes, organic granulated sugar cane juice, tamarind, dates, organic raisins, sugar cane vinegar, organic apple cider vinegar, spices, sea salt, xanthan gum.

Allergy Alert: Manufactured using equipment and in a plant that also processes wheat, peanuts, tree nuts, sesame seeds, soy, mustard and milk.



Nutrition Facts Valeur nutritive	
Per 1-1/2 tbsp. (22 ml) Par 1-1/2c. à soupe (22 ml)	
Calories 50	% Daily Value* % valeur quotidienne
Fat / Lipides 0 g	0%
Carbohydrate / Glucides 14 g	
Sugars / Sucres 8 g	
Protein / Protéines 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium 280 mg	12%
Not a significant source of saturated fat, trans fat, cholesterol, fibre, vitamin A, vitamin C, calcium or iron.	
Pas une source importante de graisses saturées, d'acide gras trans, de cholestérol, de fibres, de vitamine A, de vitamine C, de calcium ou de fer.	
* 5% or less is a little / 5% ou moins c'est peu 15% or more is a lot / 15% ou plus c'est beaucoup	

JIVA CODE - TAJ-60046 UPC: 059443600469

Mango Chutney Hot

Ingredients: Mangoes, organic granulated sugar cane juice, sugar cane vinegar, organic apple cider vinegar, jalapeno peppers, spices, sea salt, guar gum.

Allergy Alert: Manufactured using equipment and in a plant that also processes wheat, peanuts, tree nuts, sesame seeds, soy, mustard and milk.



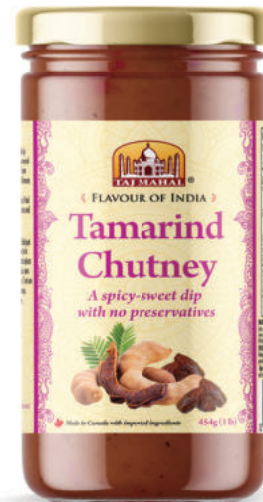
Nutrition Facts Valeur nutritive	
Per 1-1/2 tbsp. (27 g) / Par 1-1/2c. à soupe (27 g)	
Calories 50	% Daily Value % valeur quotidienne
Fat / Lipides 0 g	0%
Saturated / saturés 0 g	
+ Trans / trans 0 g	0%
Carbohydrate / Glucides 14 g	5%
Fibre / Fibres 0 g	0%
Sugars / Sucres 8 g	8%
Protein / Protéines 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium 280 mg	12%
Potassium 40 mg	1%
Calcium 2 mg	0%
Iron / Fer 0 mg	0%
*5% or less is a little , 15% or more is a lot *5% ou moins c'est peu , 15% ou plus c'est beaucoup	

JIVA CODE - TAJ-60045 UPC: 059443600450

Mango Chutney

Ingredients: Mango, organic granulated sugar cane juice, sugar cane vinegar, organic apple cider vinegar, spices, sea salt, guar gum.

Allergy Alert: Manufactured using equipment and in a plant that also processes wheat, peanuts, tree nuts, sesame seeds, soy, mustard and milk.



Nutrition Facts Valeur nutritive	
Per 1-1/2 tbsp. (22 ml) Par 1-1/2c. à soupe (22 ml)	
Calories 50	% Daily Value* % valeur quotidienne
Fat / Lipides 0 g	0%
Carbohydrate / Glucides 14 g	
Sugars / Sucres 8 g	
Protein / Protéines 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium 280 mg	12%
Not a significant source of saturated fat, trans fat, cholesterol, fibre, vitamin A, vitamin C, calcium or iron.	
Pas une source importante de graisses saturées, d'acide gras trans, de cholestérol, de fibres, de vitamine A, de vitamine C, de calcium ou de fer.	
* 5% or less is a little / 5% ou moins c'est peu 15% or more is a lot / 15% ou plus c'est beaucoup	

JIVA CODE - TAJ-60043 UPC: 059443600439

Tamarind Chutney

Ingredients: Tamarind, organic granulated sugar cane juice, sugar cane vinegar, organic raisins, dates, organic cider apple vinegar, spices, sea salt and guar gum.

Allergy Alert: Manufactured using equipment and in a plant that also processes wheat, peanuts, tree nuts, sesame seeds, soy, mustard and milk.



Flavour of India