FOODSERVICE


| Nutrition Facts |  |
| :--- | ---: |
| Serving Size | 112th recipe |
| Amount Per Serving |  |
| Calories 240 | \% Daily Value |
|  | $\mathbf{2 2 \%}$ |
| Total Fat 14 g | $\mathbf{2 3 \%}$ |
| Saturated Fat 4.5 g | $\mathbf{8 \%}$ |
| Cholesterol 25 mg | $\mathbf{5 3 \%}$ |
| Sodium 1270 mg | $\mathbf{7 \%}$ |
| Total Carbohydrate 20 g | $\mathbf{8 \%}$ |
| Dietary Fiber 2 g | $\mathbf{1 6 \%}$ |
| Protein 8g | Vitamin C \% |
| Vitamin A \% | Iron \% |
| Calcium \% |  |



## Tip

For each portion, ladle $11 / 3$ cups ( 330 mL ) into bowl; garnish with 1 tbsp ( 15 mL ) yogurt and $2 \mathrm{tsp}(10 \mathrm{~mL})$ cilantro.

## Total Time <br> NOT <br> AVAILABLE

## Serving Size

112TH RECIPE

Difficulty
EASY

## Yields

12

## INSTRUCTIONS

1. Prepare soup with water as directed.
2. Sauté curry paste for 2 to 3 minutes or until fragrant.
3. Stir curry paste and butter chicken sauce into soup; bring to simmer. Cook for 5 to 8 minutes or until fragrant. Stir in peas; simmer for 3 to 5 minutes or until heated through.
