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PAPRIKA
— ALL NATURAL —



KATTAMA

READY IN MINUTES



NO PRESERVATIVES
Savory Layered
Flatbread

Nutrition Facts

Serving Size: (260g)

Servings Per Container: 3

Amount Per Serving

Calories 770 Calories from Fat 250

% Daily Value*

Total Fat 27g **42%**

Saturated Fat 15g **75%**

Trans Fat 1g

Cholesterol 65mg **22%**

Sodium 760mg **32%**

Total Carbohydrate 114g **38%**

Dietary Fiber 4g **16%**

Sugars 2g

Protein 16g

Vitamin A 15% • Vitamin C 0%

Calcium 4% • Iron 40%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Keep Frozen. Do not Thaw.

COOKING INSTRUCTIONS:

Method 1: Fry frozen kattama in a small amount of oil on medium-low heat. Cook 4-6 minutes per side, flipping occasionally until both sides are golden and crisp. **Method 2:** Lightly coat a heated nonstick pan with oil, place the frozen kattama and close the lid. Cook on medium-low heat, 4-6 minutes on each side, flipping occasionally until both sides are golden. Serve warm with sour cream, jam or honey.

INGREDIENTS: FLOUR, WATER, BUTTER, CANOLA OIL, SALT, SUGAR, YEAST

CONTAINS: WHEAT

MANUFACTURED BY PAPRIKA LLC IN A FDA REGISTERED FACILITY,
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3 PIECES

