

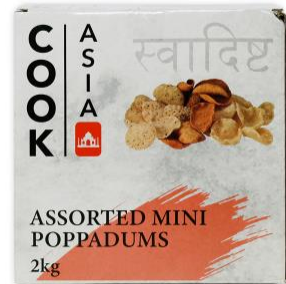
10325 | COOK ASIA | 2kg

Cook Asia Assorted Mini Poppadums 10 x 2kg

Cook to eat savoury Indian style snack in plain, black pepper and tikka flavours.

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Description

Legal Product Name	Assorted Mini Poppadums consisting of Plain, Tikka and Black Pepper varieties
Unique Marketing Statement	Cook to eat savoury Indian style snack in plain, black pepper and tikka flavours.
Brand Name	Cook Asia
Country of Origin	India

Ingredients

Is the product made from at least 65% British ingredients?	No
Contains GM Ingredients	No

Nutrition

Servings per Consumer Unit (Inner)	2000
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Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	1453.33 kJ
Energy (Kilocalories)	344 kcal
Fat, Total	1.78333 g
Saturated	0.756667 g
Carbohydrate	57.0433 g
Sugars	0.736667 g
Dietary Fibre, Total	8.59333 g
Protein, Total	20.46 g
Salt	4.03333 g
Sodium	1613.33 mg

Allergens

Cereals containing Gluten (and products thereof)	May Contain
Wheat	May Contain

Rye	Does NOT Contain
Barley	Does NOT Contain
Oats	Does NOT Contain
Crustaceans (and products thereof)	Does NOT Contain
Egg and Egg Products	Does NOT Contain
Fish and Fish Products	Does NOT Contain
Peanut and Peanut Products	May Contain
Soybean and Soybean Products	Does NOT Contain
Milk and Milk Products	Does NOT Contain
Tree Nuts (and products thereof)	Does NOT Contain
Almonds	Does NOT Contain
Hazelnuts	Does NOT Contain
Walnuts	Does NOT Contain
Cashews	Does NOT Contain
Pecan nuts	Does NOT Contain
Brazil nuts	Does NOT Contain
Pistachio nuts	Does NOT Contain
Macadamia or Queensland nuts	Does NOT Contain
Celery / Celeriac (and products thereof)	Does NOT Contain
Mustard (and products thereof)	Does NOT Contain
Sesame Seeds and Sesame Seed Products	Does NOT Contain
Sulphur Dioxide and Sulphites (>10mg/kg)	Does NOT Contain
Lupin (and products thereof)	Does NOT Contain
Molluscs (and products thereof)	Does NOT Contain

Dietary Information

Halal Certified	No
Kosher Certified	No
Suitable for Vegan	Yes
Suitable for Vegetarian	Yes

Organic Certificate	No Organic certificate
Can any Ethical or Fairly traded claims be made?	Sedex Members Ethical Trade Audit (SMETA)
Can any other sustainability claims be made for this product?	Nil
Does any other assurance scheme apply to this product?	No assurance scheme

Preparation Suggestions

Fry	Deep fry in hot oil (190- 200C), deep-fry one to five at a time, holding the mini Poppadums under the oil with a perforated ladle. Fry for 6-8 seconds until crisp and golden brown, remove from oil and drain on paper kitchen towel. The Poppadum's should be served immediately.
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Packaging

Do you have any packaging environmental claims?	Nil
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Multi-Pack Component: Plain Poppadums

Description

Legal Product Name	2 Inch Plain Poppadoms
Country of Origin	India

Ingredients

Ingredients	Black Gram Flour, Water, Salt, Rice Flour, Coconut Oil, Raising Agent: Calcium Oxide.
Contains GM Ingredients	No

Nutrition

Servings per Consumer Unit (Inner)	2000
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Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	1447 kJ
Energy (Kilocalories)	342 kcal
Fat, Total	1.88 g
Saturated	0.91 g
Carbohydrate	56.18 g
Sugars	0.79 g
Dietary Fibre, Total	8.53 g
Protein, Total	20.79 g
Salt	4.15 g
Sodium	1660 mg

Allergens

Cereals containing Gluten (and products thereof)	May Contain
Wheat	May Contain
Rye	Does NOT Contain
Barley	Does NOT Contain
Oats	Does NOT Contain
Crustaceans (and products thereof)	Does NOT Contain
Egg and Egg Products	Does NOT Contain
Fish and Fish Products	Does NOT Contain
Peanut and Peanut Products	May Contain
Soybean and Soybean Products	Does NOT Contain
Milk and Milk Products	Does NOT Contain
Tree Nuts (and products thereof)	Does NOT Contain
Almonds	Does NOT Contain
Hazelnuts	Does NOT Contain
Walnuts	Does NOT Contain
Cashews	Does NOT Contain

Pecan nuts	Does NOT Contain
Brazil nuts	Does NOT Contain
Pistachio nuts	Does NOT Contain
Macadamia or Queensland nuts	Does NOT Contain
Celery / Celeriac (and products thereof)	Does NOT Contain
Mustard (and products thereof)	Does NOT Contain
Sesame Seeds and Sesame Seed Products	Does NOT Contain
Sulphur Dioxide and Sulphites (>10mg/kg)	Does NOT Contain
Lupin (and products thereof)	Does NOT Contain
Molluscs (and products thereof)	Does NOT Contain

Preparation Suggestions

Is the product ready to eat?	No
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Multi-Pack Component: Black Pepper Poppadums

Description

Legal Product Name	2 Inch Black Pepper Poppadoms
Country of Origin	India

Ingredients

Ingredients	Black Gram Flour, Water, Salt, Cracked Black Pepper, Rice Flour, Coconut Oil, Raising Agent: Calcium Oxide.
Contains GM Ingredients	No

Nutrition

Servings per Consumer Unit (Inner)	2000
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Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	1445 kJ
Energy (Kilocalories)	342 kcal
Fat, Total	1.57 g
Saturated	0.61 g
Carbohydrate	56.75 g
Sugars	0.68 g
Dietary Fibre, Total	9.19 g
Protein, Total	20.38 g
Salt	3.83 g
Sodium	1530 mg

Allergens

Cereals containing Gluten (and products thereof)	May Contain
Wheat	May Contain
Rye	Does NOT Contain
Barley	Does NOT Contain
Oats	Does NOT Contain
Crustaceans (and products thereof)	Does NOT Contain
Egg and Egg Products	Does NOT Contain
Fish and Fish Products	Does NOT Contain
Peanut and Peanut Products	May Contain
Soybean and Soybean Products	Does NOT Contain
Milk and Milk Products	Does NOT Contain
Tree Nuts (and products thereof)	Does NOT Contain
Almonds	Does NOT Contain
Hazelnuts	Does NOT Contain
Walnuts	Does NOT Contain
Cashews	Does NOT Contain
Pecan nuts	Does NOT Contain
Brazil nuts	Does NOT Contain
Pistachio nuts	Does NOT Contain
Macadamia or Queensland nuts	Does NOT Contain
Celery / Celeriac (and products thereof)	Does NOT Contain
Mustard (and products thereof)	Does NOT Contain
Sesame Seeds and Sesame Seed Products	Does NOT Contain
Sulphur Dioxide and Sulphites (>10mg/kg)	Does NOT Contain
Lupin (and products thereof)	Does NOT Contain
Molluscs (and products thereof)	Does NOT Contain

Preparation Suggestions

Is the product ready to eat?	No
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Multi-Pack Component: Tikka Poppadums

Description

Legal Product Name	2 Inch Tikka Poppadoms
Country of Origin	India

Ingredients

Ingredients	Black Gram Flour, Water, Salt, Ground Turmeric, Ground Cumin, Ground Coriander, Garlic Powder, Rice Flour, Coconut Oil, Raising Agent: Calcium Oxide; Cloves, Black Pepper, Red Chilli, Cinnamon, Cardamom, Ginger, Nutmeg.
Contains GM Ingredients	No

Nutrition

Servings per Consumer Unit (Inner)	2000
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Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	1468 kJ
Energy (Kilocalories)	348 kcal
Fat, Total	1.9 g
Saturated	0.75 g
Carbohydrate	58.2 g
Sugars	0.74 g
Dietary Fibre, Total	8.06 g
Protein, Total	20.21 g
Salt	4.12 g
Sodium	1650 mg

Allergens

Cereals containing Gluten (and products thereof)	May Contain
Wheat	May Contain
Rye	Does NOT Contain
Barley	Does NOT Contain
Oats	Does NOT Contain
Crustaceans (and products thereof)	Does NOT Contain
Egg and Egg Products	Does NOT Contain
Fish and Fish Products	Does NOT Contain
Peanut and Peanut Products	Does NOT Contain
Soybean and Soybean Products	Does NOT Contain
Milk and Milk Products	Does NOT Contain
Tree Nuts (and products thereof)	Does NOT Contain
Almonds	Does NOT Contain
Hazelnuts	Does NOT Contain
Walnuts	Does NOT Contain
Cashews	Does NOT Contain
Pecan nuts	Does NOT Contain
Brazil nuts	Does NOT Contain
Pistachio nuts	Does NOT Contain
Macadamia or Queensland nuts	Does NOT Contain
Celery / Celeriac (and products thereof)	Does NOT Contain
Mustard (and products thereof)	Does NOT Contain
Sesame Seeds and Sesame Seed Products	Does NOT Contain
Sulphur Dioxide and Sulphites (>10mg/kg)	Does NOT Contain
Lupin (and products thereof)	Does NOT Contain
Molluscs (and products thereof)	Does NOT Contain

Preparation Suggestions

Is the product ready to eat?	No
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