

30114 | COOK ASIA | 40X70g

Cook Asia Vegetable Samosas

Authentically handmade large vegetable samosas made with potato, peas, carrot, sweetcorn and a blend of spices.

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Description

Legal Product Name	Vegetable Samosa
Unique Marketing Statement	Authentically handmade large vegetable samosas made with potato, peas, carrot, sweetcorn and a blend of spices.
Brand Name	Cook Asia
Country of Origin	India

Ingredients

Ingredients	WHEAT Flour, Potato (30%), Green Peas (6%), Carrot (6%), Sweet Corn (5%), Water, French beans, Onion, Cotton seed oil, Sugar, Salt, Garlic, Coriander leaves, Lemon Juice, Refined SOYABEAN Oil, Coriander Seed Powder, Chili flakes, Red Chilli Powder, Ginger, Cinnamon Powder, Garam Masala (Green Cardamom, Cumin Seed, Clove, Black Cardamom, Coriander Seed, Cinnamon Stick, Mace, Bay Leaves), Cumin Seed Powder, Fennel seeds, Cumin seeds, Clove Powder
Is the product made from at least 65% British ingredients?	No
Contains GM Ingredients	No

Nutrition

Servings per Consumer Unit (Inner)	40
Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	561 kJ
Energy (Kilocalories)	133 kcal
Fat, Total	1.77 g
Saturated	0.75 g
Carbohydrate	23.2 g
Sugars	8.49 g
Dietary Fibre, Total	3.84 g
Protein, Total	4.1 g
Salt	0.97 g
Sodium	387.60 mg

Allergens

Cereals containing Gluten (and products thereof)	Contains
Wheat	Contains
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	Contains
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?	No ethical or fairtrade claim
Does any other assurance scheme apply to this product?	No assurance scheme

Preparation Suggestions

Is the product ready to eat?	No
Fry From Frozen	Cook from frozen. Remove all packaging. Pre-heat oil to 175°C. Fry for 6-7 mins until golden brown. Drain well. Check Food is piping hot. Do not reheat once cooled. All Cooking appliances vary. This is guide only.

Packaging

Do you have any packaging environmental claims?

no
