

30118 | COOK ASIA | 3-80X30g

Cook Asia Small Vegetable Samosas

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

Document Published: 08 Apr 2024, 06:39:34 PM

Disclaimer: As we do not manufacture we warrant only that we will transmit accurately product data (ingredient and allergen) as are received by us from the manufacturer/supplier of such product. By accepting product and image information you agree to obtain our written permission before you transmit such product data or images outside your business. You agree to check for updates and refer to the packaging at all times because product data change regularly. You must not alter the product data or images. If despite this you choose to do so we will not be responsible.



Description

Legal Product Name	Vegetable Samosas
Unique Marketing Statement	Authentically handmade 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%), Peas (6%), Carrot (6%), Sweetcorn (5%), Water, Green Beans, Onion, Cotton Seed Oil, Sugar, Salt, Garlic, Coriander Leaves, Lemon Juice, Refined SOYABEAN Oil, Coriander Seed Powder, Chilli 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 Seed, Clove Powder
Is the product made from at least 65% British ingredients?	No
Contains GM Ingredients	No

Nutrition

Servings per Consumer Unit (Inner)	80
Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	617.307 kJ
Energy (Kilocalories)	147.54 kcal
Fat, Total	1.7 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	0.969 g
Sodium	387.6 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	Preheat the oil to 175oC. Remove all packaging. Cook for 5-6 minutes. Drain well. Check food is piping hot. Do not reheat once cooled. All cooking appliances vary. This is a guide only.

Packaging

Do you have any packaging environmental claims?

no