

40688 | COOK ASIA | 25x70g

## Cook Asia Large Onion Bhaji

Authentically Handmade, pre-fried Onion Bhajis made with a blend of spices

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**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	Authentically Handmade, pre-fried Onion Bhajis made with a blend of spices
Unique Marketing Statement	Authentically Handmade, pre-fried Onion Bhajis made with a blend of spices
Brand Name	Cook Asia
Country of Origin	India

### Ingredients

Ingredients	Onion (72%), Gram flour, Cotton Seed Oil, WHEAT Flour, Coriander Leaves, Lemon Juice, Salt, Sugar, Red Chilli powder, Garlic Powder, Turmeric Powder, Cumin Powder, Baking Powder (Maize Starch, Raising Agents (Sodium Bicarbonate, Aluminium Sodium Sulfate)), Ginger Powder, Black Pepper Powder, Cinnamon Powder, Cloves Powder, Fenugreek Powder
Is the product made from at least 65% British ingredients?	No
Contains GM Ingredients	No

### Nutrition

Servings per Consumer Unit (Inner)	25
Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	895.58 kJ
Energy (Kilocalories)	214.05 kcal
Fat, Total	8.15 g
Saturated	3.22 g
Carbohydrate	19.24 g
Sugars	6.17 g
Dietary Fibre, Total	7.25 g
Protein, Total	5.06 g
Salt	0.997 g
Sodium	399.13 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	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?	No ethical or fairtrade claim
Can any other sustainability claims be made for this product?	No
Does any other assurance scheme apply to this product?	No assurance scheme

## Preparation Suggestions

Is the product ready to eat?	No
Reconstitution Instructions	No

Oven	For best results: oven from frozen Remove from all packaging. Oven: Cook from Frozen. Fan 170°C/Electric 190°C/Gas 5 for 12-14 Minutes.(TBC) Place on a baking tray on the middle shelf of a preheated Oven for the time specified. Turn Halfway Through Cooking Ensure Product is thoroughly cooked and piping hot throughout. Do not reheat.
Oven From Frozen	For best results: oven from frozen Remove from all packaging. Oven: Cook from Frozen. Fan 170°C/Electric 190°C/Gas 5 for 14-16Minutes. Place on a baking tray on the middle shelf of a preheated Oven for the time specified. Turn Halfway Through Cooking Ensure Product is thoroughly cooked and piping hot throughout. Do not reheat.

## Packaging

Do you have any packaging environmental claims?

No