

40693 | COOK ASIA | 50X30g

Cook Asia Vegetable & Spinach Pakora

Authentically Handmade Vegetable Spinach Pakora with Spinach, Potato and Spices

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Description

Legal Product Name	Pre-Fried Vegetable Pakora made with Spinach, Potato and Spices
Unique Marketing Statement	Authentically Handmade Vegetable Spinach Pakora with Spinach, Potato and Spices
Brand Name	Cook Asia
Country of Origin	India

Ingredients

Ingredients	Onion (49%), Gram Flour, Cotton Seed Oil, Cabbage (9%), Spinach (9%), Potato (5%), WHEAT Flour, Salt, Sugar, Lemon Juice, Baking Powder (Maize Starch, Sodium Bicarbonate, Aluminium Sodium Sulfate), Red Chilli Powder, Coriander Powder, Turmeric Powder, White Pepper Powder, Cumin Seed Powder, Black Pepper Powder.
Is the product made from at least 65% British ingredients?	No
Contains GM Ingredients	No

Nutrition

Servings per Consumer Unit (Inner)	50
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Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	831 kJ
Energy (Kilocalories)	199 kcal
Fat, Total	10.01 g
Saturated	4.45 g
Carbohydrate	18.68 g
Sugars	3.66 g
Dietary Fibre, Total	5.1 g
Protein, Total	6.01 g
Salt	1.36 g
Sodium	543.21 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
Does any other assurance scheme apply to this product?	No assurance scheme

Preparation Suggestions

Is the product ready to eat?	No
Oven From Frozen	Cook from Frozen. Preheat Oven to 200°C. Cook for 14-16 Minutes. For best results, turn halfway through cooking. Ensure product is piping hot throughout. Do not reheat once cooled. All cooking appliances vary. This is a guide only.

Packaging

Do you have any packaging environmental claims?	N/A
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