

41449 | COOK ASIA | 1-48X90Gp

Vegetable Samosas 48 x 90g

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

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Description

Legal Product Name	Authentically handmade vegetable samosas made with potato, carrot, onion and a blend of spices
Unique Marketing Statement	Authentically handmade vegetable samosas made with potato, carrot, onion and a blend of spices
Brand Name	Cook Asia
Country of Origin	India

Ingredients

Ingredients	Potato (35%), WHEAT Flour, Carrot (11%), Onion (5%), Water, French Beans (4%), Minced SOYA, Spring Onion (2%), Cotton Seed Oil, Sugar, Salt, SOYBEAN Oil, Garam Masala (Green Cardamom, Cumin Seed, Clove, Black Cardamom, Coriander Seed, Cinnamon Stick, Mace, Bay Leaves), Black Pepper Powder, Garlic, Ginger, Turmeric powder
Is the product made from at least 65% British ingredients?	No
Contains GM Ingredients	No

Nutrition

Servings per Consumer Unit (Inner)	90
Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	619.81 kJ
Energy (Kilocalories)	148.14 kcal
Fat, Total	1.02 g
Saturated	0.32 g
Carbohydrate	24.06 g
Sugars	9.74 g
Dietary Fibre, Total	4.3 g
Protein, Total	4.23 g
Salt	1.09 g
Sodium	438.47 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
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
Fry From Frozen	Cook from frozen. Remove all packaging. Pre-heat oil to 175°C. Fry for 11-13 mins until golden brown. Drain well. Check Food is piping hot. Do not reheat once cooled. All Cooking appliances vary. This is guide only.
Do you have any packaging environmental claims?	N/A

Packaging