

62637 | COOK ASIA | 48pk

Cook Asia Vegetable Dim Sum Selection

Authentically Handmade Dim Sum Selection with 16 of each: Sweet & Sour Crackers (18g); Vegetable Moneybags (20g); and Vegetable Samosa (17g)

Document Published: 16 Apr 2024, 11:43:24 PM

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Description

Legal Product Name	Vegetable Dim Sum Selection of Crackers, Moneybags and Samosas
Unique Marketing Statement	Authentically Handmade Dim Sum Selection with 16 of each: Sweet & Sour Crackers (18g); Vegetable Moneybags (20g); and Vegetable Samosa (17g)
Brand Name	Cook Asia
Country of Origin	India

Ingredients

Is the product made from at least 65% British ingredients?	No
Contains GM Ingredients	No

Nutrition

Servings per Consumer Unit (Inner)	16
Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	739.707 kJ
Energy (Kilocalories)	164.023 kcal
Fat, Total	1.57 g
Saturated	0.526667 g
Carbohydrate	26.74 g
Sugars	10.2233 g
Dietary Fibre, Total	4.07333 g
Protein, Total	4.62333 g
Salt	1.17267 g
Sodium	469.177 mg

Allergens

Cereals containing Gluten (and products thereof)	Contains
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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	Contains
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

Reconstitution Instructions	No
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Fry From Frozen	<p>Vegetable Samosa Total Cook Time: 5-6 minutes. Pre-heat the fryer to 175oC. Remove all packaging. Place samosas into the frying basket and lower into the fryer. 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.</p> <p>Sweet & Sour Crackers Total Cook Time: 3-4 minutes. Pre-heat the fryer to 175oC. Remove all packaging. Place crackers into the frying basket and lower into the fryer. Cook for 3-4 minutes. Drain well. Check food is piping hot. Do not reheat once cooled. All cooking appliances vary. This is a guide only.</p> <p>Sweet & Sour Money Bags Total Cook Time: 4-5 minutes. Pre-heat the fryer to 175oC. Remove all packaging. Place money bags into the frying basket and lower into the fryer. Cook for 4-5 minutes. Drain well. Check food is piping hot. Do not reheat once cooled. All cooking appliances vary. This is a guide only.</p>
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Packaging

Do you have any packaging environmental claims?

No

Multi-Pack Component: Vegetable samosas

Description

Legal Product Name

Hand Made samosas with Vegetables and Blend of Spices

Country of Origin

India

Ingredients

Ingredients

WHEAT Flour, Potato (22%), Carrot (8%), Water, Onion(6%), Green Peas (6%), Red Bell Pepper, Cotton Seed Oil, Salt, Tomato Paste (Tomato Paste,Water), Corn Starch, Garlic, SOYBEAN Oil, Spice Blend (Coriander Seed Powder, Onion Powder, Cumin Seed Powder, Garlic Powder, Chilli Powder, White Pepper Powder, Ginger Powder, Turmeric Powder, Fenugreek Powder), Vegetable Stock (Maltodextrin, Salt, Vegetable Powders (Onion, Carrot, Tomato, Garlic), Starch, Sugar, Yeast Extract, Mixed Spices, Spice & Spice Extracts (Pepper, Turmeric), Vegetable Oil (Sunflower Oil), Parsely, Colour (Plain Caramel), Flavourings), Sugar, Spring Onion, Ginger, Black Pepper Powder, Turmeric Powder, Acidity Regulator (Citric Acid), Cumin Powder, Cardamon Powder

Contains GM Ingredients

No

Nutrition

Servings per Consumer Unit (Inner)

16

Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	802.72 kJ
Energy (Kilocalories)	153.54 kcal
Fat, Total	1.06 g
Saturated	0.38 g
Carbohydrate	25.42 g
Sugars	9.30 g
Dietary Fibre, Total	4.08 g
Protein, Total	4.46 g
Salt	1.003 g
Sodium	401.37 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

Preparation Suggestions

Is the product ready to eat?

No

Multi-Pack Component: Money Bags

Description

Legal Product Name

Hand Made Dumplings filled with Vegetables wrapped in pastry tied with Spring Onion

Country of Origin

India

Ingredients

Ingredients

WHEAT Flour, Cabbage (19%), Carrot (10%), Spring Onion (6%), Mushroom (6%), Water, Edamame (Contains SOYA) (5%), SOYA Chunks, Vermicelli (Rice, Water), Cottonseed Oil, Sugar, Salt, Potato Starch, Sesame Oil (SESAME Oil, SOYBEAN oil), SOYBEAN Oil, White Pepper, Five spices Powder (Clove Powder, Star Aniseed Powder, Cinnamon Powder, Fennel Powder, Ginger powder)

Contains GM Ingredients

No

Nutrition

Servings per Consumer Unit (Inner)

16

Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	728.97 kJ
Energy (Kilocalories)	174.23 kcal
Fat, Total	2.99 g
Saturated	0.94 g
Carbohydrate	25.36 g
Sugars	9.34 g
Dietary Fibre, Total	4.08 g
Protein, Total	5.35 g
Salt	1.317 g
Sodium	526.86 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	Contains
Sulphur Dioxide and Sulphites (>10mg/kg)	Does NOT Contain
Lupin (and products thereof)	Does NOT Contain
Molluscs (and products thereof)	Does NOT Contain
Is the product ready to eat?	No

Preparation Suggestions

Multi-Pack Component: Sweet & Sour crackers

Description

Legal Product Name	Hand Made Cylindrical rolls of Sweet & Sour Vegetables wrapped in pastry tied with Spring onion from Sides
Country of Origin	India

Ingredients

Ingredients	WHEAT Flour, Carrot (12%), Onion (10%), Waterchestnut (7%) Water, Spring Onion(5%), Bamboo Shoot, Tomato Sauce (Tomato Paste, Water, Sugar, Salt, Acidity Regulator (Acetic Acid) , Stabilisers (Modified Starch, Xanthan Gum) , Onion Powder, Garlic Powder, Spices), Bean Sprouts, Apple, Sugar, Red Pepper, Corn Starch, Cotton Seed Oil, Salt, Garlic, Vinegar (Water, Acidity Regulator (Acetic acid)), SOYBEAN Oil, Red Chilli Powder, Black Pepper Powder
Contains GM Ingredients	No

Nutrition

Servings per Consumer Unit (Inner)	16
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Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	687.43 kJ
Energy (Kilocalories)	164.30 kcal
Fat, Total	0.66 g
Saturated	0.26 g
Carbohydrate	29.44 g
Sugars	12.03 g
Dietary Fibre, Total	4.06 g
Protein, Total	4.06 g
Salt	1.198 g
Sodium	479.30 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

Preparation Suggestions

Is the product ready to eat?	No
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