

62643 | COOK ASIA | 90x20g

## Cook Asia Mini Vegetable Spring Rolls

Authentically hand made individual mini vegetable spring rolls with cabbage, carrot, bean sprout, onion, pepper, sweetcorn and a blend of spices

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### Description

Legal Product Name	Vegetable Spring Rolls
Unique Marketing Statement	Authentically hand made individual mini vegetable spring rolls with cabbage, carrot, bean sprout, onion, pepper, sweetcorn and a blend of spices
Brand Name	Cook Asia
Country of Origin	India

### Ingredients

Ingredients	WHEAT Flour, Cabbage (12%), Carrot (11%), Beans Sprout (7%), Water, Onion (4%), Red Pepper (4%), Green Pepper (4%), Sweet Corn (4%), Cotton Seed Oil, 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), Parsley, Colour (Caramel), Natural Flavourings], Salt, Refined SOYBEAN Oil, Corn Starch, Garlic, Sugar, SOY Sauce (Water, SOYABEAN, WHEAT Flour, Salt), Vinegar (Water, Acidity Regulator (Acetic Acid)), Spice Seasoning (Coriander, Onion Powder, Cumin Seed Powder, Garlic Powder, Chilli Powder, White Pepper Powder, Ginger Powder, Turmeric Powder, Fenugreek Powder), Red Chili Powder, Yeast Extract, Ginger Powder, Five Spice Powder (Clove Powder, Star Aniseed Powder, Cinnamon Powder, Fennel Powder, Ginger Powder), White Pepper Powder.
Is the product made from at least 65% British ingredients?	No
Contains GM Ingredients	No

### Nutrition

Servings per Consumer Unit (Inner)	90
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Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	565 kJ
Energy (Kilocalories)	134 kcal
Fat, Total	0.86 g
Saturated	0.35 g
Carbohydrate	24.5 g
Sugars	6.14 g
Dietary Fibre, Total	4.85 g
Protein, Total	4.51 g
Salt	1.12 g
Sodium	449.14 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)	May Contain
Sesame Seeds and Sesame Seed Products	May 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
Microwave Instructions	No suitable for microwave cooking
Microwave Instructions From Frozen	No suitable for microwave cooking

Fry From Frozen

Cook from frozen. Remove all packaging. Pre-heat oil to 175°C.  
Fry for 5-6 mins until golden brown. Drain well.  
Check Food is piping hot. Do not reheat once cooled. All Cooking appliances vary. This is guide only.

## Packaging

Do you have any packaging environmental claims?

N/A