

62799 | COOK ASIA | 100x22g

Cook Asia Vegetable Pakoras

Authentically handmade vegetable pakora with vegetables and spices

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Description

Legal Product Name	Authentically handmade vegetable pakora with vegetables and spices
Unique Marketing Statement	Authentically handmade vegetable pakora with vegetables and spices
Brand Name	Cook Asia
Country of Origin	India

Ingredients

Ingredients	Onion (47%), Potato(18%), Gram Flour, Cotton Seed Oil, Green Peas (9%), WHEAT Flour, Spinach (4%), Baking Powder (Maize Starch, Raising Agents: Sodium Bicarbonate, Aluminium Sodium Sulfate), Salt, Red Chili Powder, Turmeric Powder, Cumin Powder, White Pepper 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)	22
Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	849.85 kJ
Energy (Kilocalories)	203.12 kcal
Fat, Total	7.7 g
Saturated	3.05 g
Carbohydrate	19.0 g
Sugars	2.08 g
Dietary Fibre, Total	5.37 g
Protein, Total	6.40 g
Salt	0.963375 g
Sodium	383.35 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
Oven From Frozen	<p>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.</p>

Packaging

Do you have any packaging environmental claims?

No