

40677 | Cook Asia | 60x30g

Cook Asia Indian Snack Selection

A delicious combination of 20 onion bhajis, 20 vegetable and spinach pakoras and 20 vegetable samosas

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Description

Legal Product Name	Onion blended with gram flour and spices. Vegetables and Spinach blended with gram flour and spices. Veegetables with spices wrapped in pastry.
Unique Marketing Statement	A delicious combination of 20 onion bhajis, 20 vegetable and spinach pakoras and 20 vegetable samosas
Brand Name	Cook Asia
Country of Origin	China

Ingredients

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

Nutrition

Servings per Consumer Unit (Inner)	20
Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	791.667 kJ
Energy (Kilocalories)	188.667 kcal
	7.63333 g
	1.23333 g
Carbohydrate	22.3333 g
Sugars	2.13333 g
Dietary Fibre, Total	4.53333 g
Protein, Total	5.46667 g
Salt	1.73333 g
Sodium	708.333 mg

Allergens

Cereals containing Gluten (and products thereof)	Contains
Wheat (as an ingredient)	Contains
Rye (as an ingredient)	Does NOT Contain
Barley (as an ingredient)	Does NOT Contain
Oats (as an ingredient)	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	May Contain
Milk and Milk Products	Does NOT Contain
Tree Nuts (and products thereof)	Does NOT Contain
Almonds (as an ingredient)	Does NOT Contain
Hazelnuts (as an ingredient)	Does NOT Contain
Walnuts (as an ingredient)	Does NOT Contain
Cashews (as an ingredient)	Does NOT Contain
Pecan nuts (as an ingredient)	Does NOT Contain
Brazil nuts (as an ingredient)	Does NOT Contain
Pistachio nuts (as an ingredient)	Does NOT Contain
Macadamia or Queensland nuts (as an ingredient)	Does NOT Contain
Celery / Celeriac (and products thereof)	May 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

Reconstitution Instructions	Cook from frozen
Oven From Frozen	BHAJI AND PAKORA: 180°C for 12 - 14 minutes. Place on a wire rack over a baking tray in a preheated oven and heat for time stated above. Do not reheat.
Fry From Frozen	SAMOSAS: Fry for 5-6 minutes until golden brown. Remove from oil and place on paper towel to absorb excess oil.

Packaging

Do you have any packaging environmental claims?	n/a
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Multi-Pack Component: Onion Bhaji

Description

Legal Product Name	Onion blended with gram flour and spices
Country of Origin	China

Ingredients

Ingredients	Onion (71%), Gram Flour, Wheat Flour, Coriander, Corn Oil, Salt, Sugar, Chili Powder, Garlic Powder, Turmeric Powder, Cumin Powder, Raising Agent: Sodium Bicarbonate; Ginger Powder, Black Pepper Powder, Acidity Regulator: Citric Acid; Cinnamon Powder, Fenugreek Seed Powder, Cloves Powder.
Contains GM Ingredients	No

Nutrition

Servings per Consumer Unit (Inner)	20
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Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	830 kJ
Energy (Kilocalories)	198 kcal
	9.6 g
	1.5 g
Carbohydrate	19.9 g
Sugars	3.4 g
Dietary Fibre, Total	5.1 g
Protein, Total	5.6 g
Salt	1.8 g
Sodium	712 mg

Allergens

Cereals containing Gluten (and products thereof)	Contains
Wheat (as an ingredient)	Contains
Rye (as an ingredient)	Does NOT Contain
Barley (as an ingredient)	Does NOT Contain
Oats (as an ingredient)	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	May Contain
Milk and Milk Products	Does NOT Contain
Tree Nuts (and products thereof)	Does NOT Contain
Almonds (as an ingredient)	Does NOT Contain
Hazelnuts (as an ingredient)	Does NOT Contain
Walnuts (as an ingredient)	Does NOT Contain
Cashews (as an ingredient)	Does NOT Contain
Pecan nuts (as an ingredient)	Does NOT Contain
Brazil nuts (as an ingredient)	Does NOT Contain
Pistachio nuts (as an ingredient)	Does NOT Contain
Macadamia or Queensland nuts (as an ingredient)	Does NOT Contain
Celery / Celeriac (and products thereof)	May 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

Preparation Suggestions

Is the product ready to eat?

no

Multi-Pack Component: Vegetable and Spinach Pakora

Description

Legal Product Name

Vegetables and Spinach blended with gram flour and spices

Country of Origin

China

Ingredients

Ingredients

Onion, Gram Flour, Spinach (10%), Cabbage (10%), Potato, Self-Raising **Wheat** Flour (**Wheat** Flour, Yeast, Glucose), Corn Oil, Salt, Chili Powder, Baking Powder (Raising Agent: Disodium Diphosphate, Sodium Bicarbonate, Calcium Phosphates; Calcium Carbonate, Acidity Regulator: Citric Acid; Corn Starch), Turmeric powder, Cumin Powder, White Pepper Powder, Black Pepper Powder.

Contains GM Ingredients

No

Nutrition

Servings per Consumer Unit (Inner)

20

Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	844 kJ
Energy (Kilocalories)	202 kcal
	11.4 g
	1.7 g
Carbohydrate	17.2 g
Sugars	1.9 g
Dietary Fibre, Total	4.9 g
Protein, Total	5.3 g
Salt	2 g
Sodium	845 mg

Allergens

Cereals containing Gluten (and products thereof)	Contains
Wheat (as an ingredient)	Contains
Rye (as an ingredient)	Does NOT Contain
Barley (as an ingredient)	Does NOT Contain
Oats (as an ingredient)	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	May Contain
Milk and Milk Products	Does NOT Contain
Tree Nuts (and products thereof)	Does NOT Contain
Almonds (as an ingredient)	Does NOT Contain
Hazelnuts (as an ingredient)	Does NOT Contain
Walnuts (as an ingredient)	Does NOT Contain
Cashews (as an ingredient)	Does NOT Contain
Pecan nuts (as an ingredient)	Does NOT Contain
Brazil nuts (as an ingredient)	Does NOT Contain
Pistachio nuts (as an ingredient)	Does NOT Contain
Macadamia or Queensland nuts (as an ingredient)	Does NOT Contain
Celery / Celeriac (and products thereof)	May 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

Preparation Suggestions

Is the product ready to eat?	no
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Multi-Pack Component: Vegetable Samosa

Description

Legal Product Name	Vegetables with spices wrapped in pastry
Country of Origin	China

Ingredients

Ingredients	Filling (Potato, Green Peas (6%), Carrot (6%), Sweetcorn (5%), Green Beans (4%), Sugar, Onion, Salt, Dhania Jeera (Coriander Seed Powder, Cumin Powder), Coriander, Garam Masala (Cinnamon Powder, Clove Powder, Black Pepper Powder, Ginger Powder), Chilli Powder, Water, Garlic Puree, Ginger Puree, Acidity Regulator: Citric Acid; Fennel Seeds, Cumin Seeds, Red Chilli Flakes, Cumin Powder, Cinamon Powder, Clove Powder), Pastry (Wheat Flour, Water, Corn Oil, Salt).
Contains GM Ingredients	No

Nutrition

Servings per Consumer Unit (Inner)	20
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Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	701 kJ
Energy (Kilocalories)	166 kcal
	1.9 g
	0.5 g
Carbohydrate	29.9 g
Sugars	1.1 g
Dietary Fibre, Total	3.6 g
Protein, Total	5.5 g
Salt	1.4 g
Sodium	568 mg

Allergens

Cereals containing Gluten (and products thereof)	Contains
Wheat (as an ingredient)	Contains
Rye (as an ingredient)	Does NOT Contain
Barley (as an ingredient)	Does NOT Contain
Oats (as an ingredient)	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	May Contain
Milk and Milk Products	Does NOT Contain
Tree Nuts (and products thereof)	Does NOT Contain
Almonds (as an ingredient)	Does NOT Contain
Hazelnuts (as an ingredient)	Does NOT Contain
Walnuts (as an ingredient)	Does NOT Contain
Cashews (as an ingredient)	Does NOT Contain
Pecan nuts (as an ingredient)	Does NOT Contain
Brazil nuts (as an ingredient)	Does NOT Contain
Pistachio nuts (as an ingredient)	Does NOT Contain
Macadamia or Queensland nuts (as an ingredient)	Does NOT Contain
Celery / Celeriac (and products thereof)	May 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

Preparation Suggestions

Is the product ready to eat?

no