

Cocktail Chana Dal Samosa Product Details

Net Weight: 370g (13.05oz)

Nutrition Facts		
Serving Size: 45g (1.58oz)		6 serving per pack
Amount per serving		% DV*
Calories	140.13kcal	7%
Total Fat	7.76g	12%
Saturated Fat	1.49g	8%
Trans Fat	<0.045g	
Cholesterol	<0.45mg	<0.1%
Sodium	225.49mg	9%
Total Carbohydrate	14.23g	5%
Total Sugars	0.711g	
Includes added sugar	<0.01g	<0.1%
Fibre	3.58g	14%
Protein	3.34g	<0.1%
Salt	0.56g	9%
Vitamin D		<0.005mg
Calcium		24.85mg
Iron		0.94mg
Potassium		57.96mg
*The % Daily Value (DV) tells you how much a nutrient serving of food contributes to a daily diet. For general nutrition advice, 2000 calories a day is used.		

Ingredients	
Refined Wheat Flour (28.5%), Chickpea Split (24.2%), Water (18.7%), Corn Oil (11.8%), Onion (4.2%), Coriander Leaves (2.2%), Margarine (2.2%), Sugar, Edible Common Salt, Coconut Powder, Ginger, Green Chilli, Potato Flakes	
Spices: Red Chilli Powder, Coriander Seed, Fennel Seed, Coriander Powder, Cumin Seed, Citric Acid, Carrom Seed, Cinnamon Powder	2.4%

Nutrition Information	
Typical Value (approx.)	per 100g
Energy	1302KJ/311kcal
Fat	17.24g
of which Saturates	3.31g
Trans Fat	<0.1g
Carbohydrates	31.63g
of which Sugar	1.58g
Protein	7.43g
Sodium	501.11mg
Fibre	7.95g
Salt	1.25g

Allergen Advice:

The product is made in a facility that processes Peanut, Tree Nuts, Soya and Cereals

Keep frozen at -18°C or below

Do not refreeze after thawing

Keep away from direct sunlight & heat

(please see next page for cooking instructions)

Cooking Instructions

Thaw in microwave:

Remove samosa from packing, defrost in microwave for 1 minute in high setting

Pan cook:

Pre-heat oil in a frying pan to a medium temperature (nearly 180°C). Fry the required number of pieces for 3-4 minutes until golden brown. Serve hot with chutney/sauce

Oven (for healthy eating):

Pre-heat oven at 180°C. Heat samosa for 7-8 minutes. Serve hot with chutney/sauce. Heating time may vary depending on oven wattage and may need adjustment

For chutneys:

Heat red & green chutney pouch in microwave on high setting for 30-40 seconds. Carefully remove content from pouch, stir and serve with samosa

Red Chutney (Sweet Chutney)

Nutrition Facts		
Serving Size: 5g (0.18oz, 1 tsp)		10 servings per pack
Amount per serving		% DV*
Calories	12.05kcal	1%
Total Fat	0.03g	0.045%
Saturated Fat	<0.005g	<0.1%
Trans Fat	<0.005g	
Cholesterol	<0.05mg	<0.01%
Sodium	21.43mg	0.89%
Total Carbohydrate	2.91g	0.97%
Total Sugars	1.54g	
Includes added sugar	0.25g	<0.01%
Fibre	0.052g	0.21%
Protein	0.037g	<0.01%
Salt	0.054g	0.89%
Vitamin D		<0.01mg
Calcium		3.791mg
Iron		0.057mg
Potassium		5.443mg
*The % Daily Value (DV) tells you how much a nutrient serving of food contributes to a daily diet. For general nutrition advice, 2000 calories a day is used.		

Ingredients
Water (57%), Sugar (29%), Tamarind (10%), Dates, Cumin Seed, Black Salt, Edible Common Salt, Red Chilli, Black Pepper

Nutrition Information	
Typical Value (approx.)	per 100g
Energy	1007.97KJ/240.91kcal
Fat	0.59g
of which Saturates	<0.1g
Trans Fat	<0.1g
Carbohydrates	58.16g
of which Sugar	30.75g
Protein	0.74g
Sodium	428.51mg
Fibre	1.04g
Salt	1.09g

Allergen Advice:

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Green Chutney (Spicy Chutney)

Nutrition Facts		
Serving Size: 5g (0.18oz, 1 tsp)		10 servings per pack
Amount per serving		% DV*
Calories	2.028kcal	0.1%
Total Fat	0.03g	0.045%
Saturated Fat	<0.005g	<0.01%
Trans Fat	<0.005g	
Cholesterol	<0.05mg	<0.01%
Sodium	50.39mg	2.1%
Total Carbohydrate	0.333g	0.111%
Total Sugars	0.099g	
Includes added sugar	<0.05g	<0.01%
Fibre	0.002g	0.006%
Protein	0.063g	<0.01%
Salt	0.127g	2.1%
Vitamin D		<0.005mg
Calcium		5.631mg
Iron		0.084mg
Potassium		10.464mg
*The % Daily Value (DV) tells you how much a nutrient serving of food contributes to a daily diet. For general nutrition advice, 2000 calories a day is used.		

Ingredients
Coriander Leaves (44%), Water (35%), Lemon Juice (5.5%), Mint Leaves (4%), Green Chilli (4%), Bengal Gram, Black Salt, Edible Common Salt, Sugar, Cumin Seeds

Nutrition Information	
Typical Value (approx.)	per 100g
Energy	169.7KJ/40.6kcal
Fat	0.59g
of which Saturates	<0.1g
Trans Fat	<0.1g
Carbohydrates	6.65g
of which Sugar	1.97g
Protein	1.26g
Sodium	1007.8mg
Fibre	1.04g
Salt	2.55g

Allergen Advice:

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