

Manchurian Sandwich Product Details

Net Weight: 250g (8.82oz)

Nutrition Facts		
Serving Size: 170g (5.99oz)		1 serving per pack
Amount per serving		% DV*
Calories	481.49kcal	12%
Total Fat	29.56g	23%
Saturated Fat	13.32g	13%
Trans Fat	<0.1g	
Cholesterol	<1mg	<0.01%
Sodium	1715.89mg	12%
Total Carbohydrate	49.86g	7%
Total Sugars	5.13g	
Includes added sugar	<1g	<0.01%
Fibre	6.94g	2%
Protein	4.04g	<0.01%
Salt	4.35g	12%
Vitamin D		<0.009mg
Calcium		175.63mg
Iron		1.83mg
Potassium		346.81mg
*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 (23%), Refined Wheat Flour (9%), Cabbage (8%), Carrot (8%), French Beans (8%), Green Chilli (8%), Soya flour (5%), Ginger (4%), Onion, Capsicum, Sugar, Corn Flour, Red Chilli Sauce, Garlic, Edible Vegetable Oil (Palmolein), Edible Common Salt, Lemon, Acidity Regulators (E260, E330), Coriander, Refined Soyabean Oil, Improvers and Emulsifiers, Garlic Powder, Preservatives (E211, E202), Black Salt, White Vinegar, White Pepper, Permitted Thickeners and Stabiliser (E1442, E1450, E415)

Nutrition Information	
Typical Value (approx.)	per 100g
Energy	1185.03KJ/283.23kcal
Fat	17.39g
of which Saturates	7.84g
Trans Fat	<0.005g
Carbohydrates	29.33g
of which Sugar	3.02g
Protein	2.38g
Sodium	1009.35mg
Fibre	4.08g
Salt	2.56g

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
<p>Defrost: Microwave on high temperature for 1 minute, or leave at room temperature for 30-40 minutes</p>
<p>Pan cook: Heat pan, remove sandwich from tray and cook, flip sandwich until golden brown on both sides and serve</p> <p>Grill: Grill the sandwich at 220-250°F (104-121°C) for 3-4 minutes (Temp. depends on grill capacity). Serve hot with chutney/sauce</p>
<p>For chutneys: Melt before serving with sandwich. <u>Do not microwave chutney</u></p>

Red Chutney (Sweet Chutney)

Nutrition Facts		
Serving Size: 5g (0.18oz, 1 tsp)		8 servings per pack
Amount per serving		% DV*
Calories	6.7kcal	<0.1%
Total Fat	0.21g	0.32%
Saturated Fat	<0.01g	<0.01%
Trans Fat	<0.005g	
Cholesterol	<0.05mg	<0.01%
Sodium	8.45mg	0.35%
Total Carbohydrate	1.15g	0.38%
Total Sugars	0.74g	
Includes added sugar	<0.05g	<0.01%
Fibre	<0.001g	<0.001%
Protein	0.064g	<0.01%
Salt	0.021g	0.35%
Vitamin D		<0.005mg
Calcium		148mg
Iron		0.014mg
Potassium		8.05mg
*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
Tomato (76%), Sugar (23%), Edible Common Salt, Red Chilli, Citric Acid, Potassium Sorbate, Sodium Benzoate

Nutrition Information	
Typical Value (approx.)	per 100g
Energy	560.69KJ/134.01kcal
Fat	4.13g
of which Saturates	<0.1g
Trans Fat	<0.1g
Carbohydrates	22.94g
of which Sugar	14.78g
Protein	1.27g
Sodium	169.15mg
Fibre	<0.001g
Salt	0.43g

Allergen Advice:

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

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Green Chutney (Spicy Chutney)

Nutrition Facts		
Serving Size: 5g (0.18oz, 1 tsp)		8 servings per pack
Amount per serving		% DV*
Calories	6.94kcal	<0.1%
Total Fat	0.44g	0.67%
Saturated Fat	0.082g	0.41%
Trans Fat	<0.005g	
Cholesterol	<0.05mg	<0.01%
Sodium	21.27mg	0.89%
Total Carbohydrate	0.552g	0.18%
Total Sugars	0.11g	
Includes added sugar	<0.05g	<0.01%
Fibre	<0.001g	<0.001%
Protein	0.2g	<0.01%
Salt	0.054g	0.89%
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
Green Chilli (50%), Water (33%), Peanut (12%), Edible Common Salt (3%), Turmeric (1%), Citric Acid (1%)

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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