

Mild Jumbo Samosa (Potato and Peas) Product Details

Net Weight: 520g (18.34oz)

Nutrition Facts		
Serving Size: 70g (2.47oz)		6 serving per pack
Amount per serving		% DV*
Calories	279.91kcal	14.00%
Total Fat	10.87g	16.72%
Saturated Fat	2.03g	10.18%
Trans Fat	<0.07g	
Cholesterol	<0.7mg	<0.10%
Sodium	247.45mg	10.31%
Total Carbohydrate	23.91g	7.97%
Total Sugars	1.24g	
Includes added sugar	<0.7g	<0.10%
Fibre	2.19g	8.76%
Protein	4.89g	<0.10%
Salt	0.63g	10.29%
Vitamin D		<0.10mg
Calcium		2.21mg
Iron		5.55mg
Potassium		<0.10mg
*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	
Potato (39.7%), Refined Wheat Flour (28.5%), Corn Oil (10.8%), Water (8.4%), Green Peas (5.1%), Margarine (2.2%), Ginger, Edible Common Salt, Coriander Leaves, Green Chilli	
Spices: Mango Powder, Onion Seed, Coriander seed, Cumin Seed, Fennel Seed, Turmeric Powder, Black Salt, Asfoetida, Carrom Seed	2.1%

Nutrition Information	
Typical Value (approx.)	per 100g
Energy	1673.09KJ/399.88kcal
Fat	15.53g
of which Saturates	2.9g
Trans Fat	<0.1g
Carbohydrates	34.16g
of which Sugar	1.78g
Protein	6.99g
Sodium	353.5mg
Fibre	3.13g
Salt	0.89g

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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