

Masala Sandwich Product Details

Net Weight: 220g (7.76oz)

Nutrition Facts		
Serving Size: 140g (4.94oz)		1 serving per pack
Amount per serving		% DV*
Calories	344.93kcal	12%
Total Fat	14.42g	23%
Saturated Fat	6.51g	13%
Trans Fat	<0.005g	
Cholesterol	<1mg	<0.01%
Sodium	572.05mg	12%
Total Carbohydrate	49.61g	7%
Total Sugars	2.82g	
Includes added sugar	<1g	<0.01%
Fibre	4.44g	2%
Protein	4.17g	<0.01%
Salt	1.45g	12%
Vitamin D		<0.008mg
Calcium		132.42mg
Iron		1.52mg
Potassium		312mg
*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 (30%), Refined Wheat Flour (26%), Water (13%), Sugar (7%), Onion (6%), Tomato (5%), Edible Vegetable Oil (Palmolein) (4%), Green Coriander, Edible Common Salt, Lemon Juice, Green Peas, Soya Flour, Ginger, Red Chilli, Coriander, Cumin, Turmeric

Nutrition Information	
Typical Value (approx.)	per 100g
Energy	1030.85KJ/246.38kcal
Fat	10.3g
of which Saturates	4.65g
Trans Fat	<0.1g
Carbohydrates	35.44g
of which Sugar	2.02g
Protein	2.98g
Sodium	408.61mg
Fibre	3.17g
Salt	1.03g

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

Defrost:

Microwave on high temperature for 1 minute, or leave at room temperature for 30-40 minutes

Pan cook:

Heat pan, remove sandwich from tray and cook, flip sandwich until golden brown on both sides and serve

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

For chutneys:

Melt before serving with sandwich. **Do not microwave chutney**

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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