

400138

# Vegetable & Spinach Pakora 50x30g

Vegetable & Spinach Pakora 30g

PRODUCT DESCRIPTION

Deep fried onions, potatoes, carrots and spinach dipped in a mildly spiced batter mix.

Brand	Ayesha Foods
Manufacturer Product Code	0343P
Product Type	Food
Product Category	Party Food
Storage Type	Frozen
Erudus ID	448d5f5a24da4714844440b12cac9263
Specification Type	Generic



Outer Case GTIN

5060417140794



INGREDIENTS

Ingredient Declaration

29% Gram Flour, 22% Onions, 20% Potatoes, 11% Spinach, 10% Vegetable Oil (Rape Seed), 5% Carrots, 2% Salt, Red Crush Chilli, Red Chilli Powder, Coriander Seeds, Garam Masala and Turmeric.

ALLERGENS

Product Contains:

Celery/Celeriac	No
Cereals Containing Gluten	No
Barley	No
Oats	No
Rye	No
Wheat (including Spelt and Khorasan)	No
Crustacea	No
Eggs	No
Fish	No
Lupin	No
Milk	No
Molluscs	No

Risk Source:

Mustard (Risk Source)	Line
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Mustard	May Contain
Nuts (Tree)	No
Almond nuts	No
Brazil nuts	No
Cashew nuts	No
Hazelnuts	No
Macadamia (Queensland) nuts	No
Pecan nuts	No
Pistachio nuts	No
Walnuts	No
Peanuts	No
Sesame Seeds	May Contain
Soybeans	No
Sulphur Dioxide and Sulphites	No

Sesame Seeds (Risk Source)	Line
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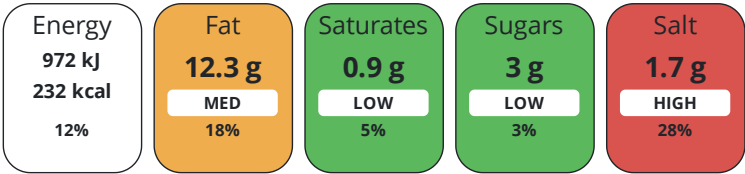
DIET  
SUITABILITY

Vegan Diet	Suitable for
Halal Diet	Suitable for

Vegetarian Diet	Suitable for
Kosher Diet	No

NUTRITIONAL  
INFORMATION

Each 100g/ml portion contains:



of your reference intake.

Typical values per 100g/ml : Energy 232kcal / 972kJ

Nutrient	per 100g	RI per 100g
Energy (kJ)	972 kJ	12%
Energy (kcal)	232 kcal	12%
Fat	12.3 g	18%
of which Saturates	0.9 g	5%
Carbohydrate	24.2 g	9%
of which Sugars	3 g	3%
Fibre	4.6 g	
Protein	8.4 g	17%
Salt	1.7 g	28%

HANDLING &  
STORAGE  
INFORMATION

Directions For Use

MICROWAVE : Heat for 2 minutes on high power. Turn over product half way. Instructions for 900 watt microwave. OVEN :Pre-Heat oven to 200 degrees and bake for 10-12 minutes. Turn over product half way.

Storage Instructions

Keep Frozen.

ORIGIN

Product Country of Origin United Kingdom

CONTACT  
INFORMATION

Origin of the Primary Ingredient

Address

Ayesha Foods  
Khatija House  
Cliffe Terrace  
Bradford  
West Yorkshire  
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England

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