

400138

Vegetable & Spinach Pakora 50x30g

Vegetable & Spinach Pakora

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	Pies, Pizza, Sausages Rolls, Savouries
Storage Type	Frozen
Erudus ID	448d5f5a24da4714844440b12cac9263
Specification Type	Legacy
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:

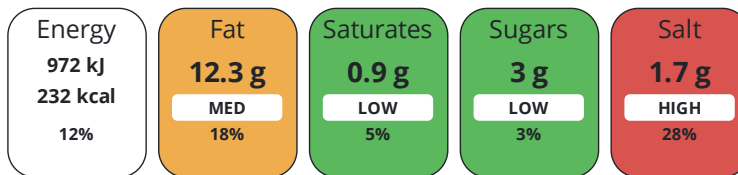
Celery/Celeriac	No	Mustard	No
Cereals Containing Gluten	No	Nuts (Tree)	No
Barley	No	Almond nuts	No
Oats	No	Brazil nuts	No
Rye	No	Cashew nuts	No
Wheat (including Spelt and Khorasan)	No	Hazelnuts	No
Crustacea	No	Macadamia (Queensland) nuts	No
Eggs	No	Pecan nuts	No
Fish	No	Pistachio nuts	No
Lupin	No	Walnuts	No
Milk	No	Peanuts	No
Molluscs	No	Sesame Seeds	No
		Soybeans	No
		Sulphur Dioxide and Sulphites	No

DIET SUITABILITY

Suitable for Coeliacs	Yes	Halal Diet	Suitable for
Kosher Diet	No	Vegetarian Diet	Suitable for
Vegan Diet	Suitable for		

NUTRITIONAL
INFORMATION

Each 100g/ml portion contains:



of your reference intake.

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

Nutrient	per 100g/ml	RI per 100g/ml
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/Place of United Kingdom

Provenance

Address

Ayesha Foods
Khatija House
Cliffe Terrace
Bradford
West Yorkshire
BD8 7DX
England

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CONTACT
INFORMATION

The information on the [Erudus System](#) has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provided by Erudus.

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