



Nature's Garden Samosa

A traditional blend of fresh garden vegetables, herbs and spices wrapped in a crispy envelope



INGREDIENTS

Filling: Potatoes, onions, carrots, peas, citric acid, canola oil, evaporated cane juice, salt, spices.

Pastry: Flour, vegetable oil, salt, baking powder, water.

PREPARATION INSTRUCTIONS

Note: This product is precooked for your convenience. Heat from frozen state.

Oven: Preheat to 375°F (190°C). Place frozen samosas single layered on cookie sheet on middle rack, bake approximately 10-15 minutes (until an internal temperature of 165 °F (74°C) is reached).

Microwave: Cook 1-2 minutes (until an internal temperature of 165 °F (74°C) is reached).

FREE OF MEAT, FISH, POULTRY, EGGS, DAIRY, MUSHROOMS, NUTS and TRANS FAT

KEEP FROZEN

Nutrition Facts Valeur nutritive

Serving size 2 pieces (100 g)
Portion 2 morceaux (100 g)

| Amount Teneur | % Daily Value % valeur quotidienne |
|---|---------------------------------------|
| Calories/Calories 200 | |
| Total Fat/Lipides 9 g | 13 % |
| Saturated/saturés 0.5 g +Trans/trans 0 g | 5 % |
| Cholesterol/Cholestérol 0 mg | |
| Sodium/Sodium 630 mg | 26 % |
| Total Carbohydrate/Glucides 24 g | 8 % |
| Fibre/Fibres 2 g | 8 % |
| Sugars/Sucres 5 g | |
| Protein/Protéines 4 g | |
| Vitamin A /Vitamine A | 8 % |
| Vitamin C /Vitamine C | 2 % |
| Calcium /Calcium | 8 % |
| Iron /Fer | 15 % |

UPC Code: 8-35541-00552-4

Pack Size: 400 gm box (approx. 4 servings)

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