Spicy Vegetable Pakora





* Benefits

Ingredients



Allergens

onions, chick pea flour, spinach, cauliflower, spices, jalapeno peppers, salt, corn starch

Contains:



Free From:









Nutrition Facts

Servings per Container 4.0EA (4EA) Serving size

Amount per serving Calories

Calones	110
% C	Daily Value*
Total Fat 4.5g	6%
Saturated Fat 1.5g	7%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 350mg	16%
Total Carbohydrate 11g	4%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 2g Added Sugar	%
Protein 7g	_
Vitamin D 0.2mcg	0%
Calcium 20mg	0%
Iron 0.6mg	4%
Potassium 230mg	4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Handling Suggestions

Keep Frozen. Thaw in refrigerator before cooking. Do not refreeze unused portions.

Serving Suggestions

hors d'oeuvre

Prep & Cooking Suggestions

FRY: At 325 F for 1 minute. Remove from fryer and nish in the oven at 325 F until Pakoras are heated through. Do not over cook as Pakoras get very ďark. BAKE: At 325-350 F for 4-5 minutes until Pakoras are heated through.

Product Specifications

			Manufacturer					
	Kabobs				Kabobs			
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UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
	K0901	8901	00745378090108		1/4 LB

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
4.79lb	4.19lb	United States	No	

Shipping Information							
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To	
16.5in	9.25in	3.63in	0.32ft3	10x14	365days	-5°F / -2°F	





Kabobs 8901 - Spicy Vegetable Pakora

Spicy Vegetable Pakora



Nutrition Analysis - By Measure

Calories	110	Total Fat	4.5g	Sodium	350mg
Protein	7	Trans Fats	0g	Calcium	20mg
Total Carbohydrates•••	11g	Saturated Fat	1.5g	Iron	0.6mg
Sugars	2g	Added Sugars	2g	Potassium	230mg
Dietary Fiber	1g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	15mg		
Vitamin A(IU)•		Vitamin D	0.2mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	



Additional Images



