



## 308789C Poppadums (Golden Palace)



**Pack Size:** 1KG BOX

**Details:** These plain poppadums are perfect served with a variety of dips or toppings and are a great appetizer or snack. Traditionally poppadums are served before Indian dishes.

### Allergen Information

**Free from:**

Cereal, Celery, Soya, Crustaceans, Eggs, Fish, Lupin, Milk, Molluscs, Mustard, Nuts, Peanuts, Sesame, Sulphur Dioxide

**Suitable for:**

Coeliacs, Vegetarians, Vegan

### Handling Information

**Directions For Use:**

To microwave, brush with oil and microwave for 30 to 40 seconds.  
To deep fry, submerge in very hot oil for 2 to 3 seconds and drain thoroughly.

**Storage Instructions:**

Cool, dry, away from direct heat and light.

### Product Ingredients

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Urid/Black Gram Flour, Sea Salt, Raising Agent (Calcium Oxide), Rice Flour, Coconut Oil.

### Nutritional Information

**Typical Values per 100g/ml:**

Based on a reference intake of an average adult (8400kJ/2000kCal) diet

**Energy:**

290 kcal / 1228 kJ

**Fat:**

0.3 g

**of which saturates:**

0 g

**Carbohydrates:**

45.2 g

**of which sugars:**

2.5 g

**Fibre:**

10.6 g

**Protein:**

21.4 g

**Salt:**

4.8 g

All product information is correct at time of upload. Information may change so please check the packaging before use.

If allergen information is not presented here, please obtain it from the product packaging or speak with our QA Department.

