



## 309328S Black Onion Seeds (Centaur)



**Pack Size:** 250G TUB

**Details:** Add black onion seeds to curries for a crunchy bite or shaking over vegetable dishes, such as Indian dhal. They are also delicious sprinkled over naan breads.

### Allergen Information

**Free from:**

Cereal, Sulphur Dioxide, Crustaceans, Eggs, Fish, Gluten, Lupin, Milk, Molluscs, Soya, Nuts, Peanuts

**May contain:**

Celery, Sesame, Mustard

**Suitable for:**

Vegetarians, Vegan

### Handling Information

**Directions For Use:**

None

**Storage Instructions:**

Store in cool dry place and in an airtight container after opening

### Product Ingredients

**Product Ingredients:**

Black onion seeds 100 %

### Nutritional Information

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

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

**Energy:**

531 kcal / 2193 kJ

**Fat:**

43 g

**of which saturates:**

6.7 g

**Carbohydrates:**

4.4 g

**of which sugars:**

2.7 g

**Fibre:**

21 g

**Protein:**

21 g

**Salt:**

0.05 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.

