

309975C Tamarind Concentrate (Centaur)



Pack Size: 200G JAR

Details: Tamarind concentrate is made from a sour, dark, sticky fruit that grows in a pod on a tamarind tree. While some cuisines use tamarind paste to make desserts and even sweets, in Thai cooking it is used mostly in savoury dishes. Classic pad thai sauce is made with tamarind, as are some Thai curries and seafood dishes. Indian curries also call for tamarind. It is also a common ingredient in Indian and Mexican cuisines, as well as

Allergen Information

Free from:

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

Suitable for:

Vegetarians, Vegan

Handling Information

Directions For Use:

15g of tamarind concentrate is approx. equivalent to 60g of traditional tamarind. Use in same way as traditional Tamarind. (Chutney, sauces, curries, soups...)

Storage Instructions:

Store in a cool dry place away from direct sunlight.

Product Ingredients

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100% Tamarind

Nutritional Information

Typical Values per 100g/ml:

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

Energy:

239 kcal / 1001 kJ

Fat:

0.6 g

of which saturates:

0.3 g

Carbohydrates:

62.5 g

of which sugars:

57.4 g

Fibre:

5.1 g

Protein:

2.5 g

Salt:

0.07 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.