

# Samosas Samosas Samosas Samosas

Delicious flavours of India

NUTRITION FACTS / VALEUR NUTRITIVE per / par 100 ml (100 g)

## Mild Curry



AMOUNT (per/par 3 Samosas 100g) TENEUR	% DAILY VALUE % VALEUR QUOTIDIENNE
Calories / Calories 160	
Fat / Lipides 2 g	3%
Saturated / saturés 0.2 g	1%
+ Trans / trans 0 g	
Cholesterol / Cholestérol 1 mg	
Sodium / Sodium 480 mg	20%

Carbohydrate / Glucides 31 g	10%
Fibre / Fibres 3 g	10%
Sugars / Sucres 7 g	
Protein / Protéines 5 g	
Vitamin A / Vitamine A	50%
Vitamin C / Vitamine C	9%
Calcium / Calcium	3%
Iron / Fer	20%

## Mixed Vegetable



AMOUNT (per/par 3 Samosas 100g) TENEUR	% DAILY VALUE % VALEUR QUOTIDIENNE
Calories / Calories 170	
Fat / Lipides 2 g	3%
Saturated / saturés 0.4 g	2%
+ Trans / trans 0 g	
Cholesterol / Cholestérol 1 mg	
Sodium / Sodium 452 mg	19%

Carbohydrate / Glucides 32 g	11%
Fibre / Fibres 3 g	15%
Sugars / Sucres 5 g	
Protein / Protéines 6 g	
Vitamin A / Vitamine A	4%
Vitamin C / Vitamine C	2%
Calcium / Calcium	4%
Iron / Fer	18%

## Spinach & Pea Samosa



AMOUNT (per/par 3 Samosas 100g) TENEUR	% DAILY VALUE % VALEUR QUOTIDIENNE
Calories / Calories 180	
Fat / Lipides 4 g	6%
Saturated / saturés 0.4 g	2%
+ Trans / trans 0 g	
Cholesterol / Cholestérol 1 mg	
Sodium / Sodium 386 mg	17%

Carbohydrate / Glucides 30 g	10%
Fibre / Fibres 4 g	14%
Sugars / Sucres 4 g	
Protein / Protéines 6 g	
Vitamin A / Vitamine A	40%
Vitamin C / Vitamine C	9%
Calcium / Calcium	7%
Iron / Fer	22%

## Spicy Traditional



AMOUNT (per/par 3 Samosas 100g) TENEUR	% DAILY VALUE % VALEUR QUOTIDIENNE
Calories / Calories 160	
Fat / Lipides 2 g	3%
Saturated / saturés 0.2 g	1%
+ Trans / trans 0 g	
Cholesterol / Cholestérol 1 mg	
Sodium / Sodium 480 mg	20%

Carbohydrate / Glucides 31 g	10%
Fibre / Fibres 3 g	10%
Sugars / Sucres 7 g	
Protein / Protéines 5 g	
Vitamin A / Vitamine A	50%
Vitamin C / Vitamine C	9%
Calcium / Calcium	3%
Iron / Fer	20%