



A tribute to Indian street food culture

Nana's Vegetable bites - a versatile snack, perfect on its own without being in a wrap. Enjoy its crispy perfection, made with a mix of organic white and chana flours, a medley of vegetables, and a signature spice blend.

VEGGIE
bites

Nutrition Facts

38 servings per container

Serving size 5 pakoras (80g)

Amount per serving

Calories **200**

% Daily Value *

Total Fat 8g **10%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 530mg **23%**

Total Carbohydrate 29g **10%**

Dietary Fiber 4g **13%**

Total Sugars 6g

Includes 0g Added Sugars **0%**

Protein 5g

Vitamin D 0mcg **0%**

Calcium 110mg **8%**

Iron 1.9mg **10%**

Potassium 360mg **8%**

Folate 110mcg DFE **25%**
(20mcg Folic Acid)

* 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.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS:

Organic White Flour [Wheat Flour, Niacin (Vitamin B3), Iron, Organic Wheat Starch, Thiamine Mononitrate (Vitamin B1), Tricalcium Phosphate, Riboflavin (Vitamin B2), Folic Acid], Diced Peeled Potatoes (Treated With Meta Bisulphites), Diced Onions, Diced Carrots, Chickpea Flour, Diced Red Pepper, Diced Green Pepper, Water, Canola Oil, Peas, Salt, Garlic Powder, Coriander Powder, Red Chilli Powder, Ginger Powder, Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Rice Flour), Garam Masala Mix (Cinnamon, Cardamom, Cloves, Ginger Powder, Black Pepper, Star Anise), Cumin Seeds, Turmeric Powder, Citric Acid.

Contains: Wheat

Nana's
KITCHEN

Nana's Kitchen & Hot Sauces Ltd.

Unit 12, 8125 130th St. Surrey, BC V3W 7X4

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Hand Crafted
With Love

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US SCC : 10 813693 00701 2



VEGGIE bites

Heating Instructions:

Ensure the product internal temperature reaches 165°F (74°C).
Appliances vary; adjust time and temperature as needed.



In Microwave

- Heat defrosted pakora for approximately 30-60 sec.
- Remove from microwave and let stand for 1-2 minutes before serving. Time may vary according to microwave.



In Oven

- For crispier shell bake pakoras in preheated 375°F (190°C) oven for 5-7 minutes turning the pakoras once.

Bulk 6.60 lb case

CASE NET WEIGHT:

6.60 lb

Case Gross Weight:

7.0 lb

Case Dimension:

9.0" X 8.5" X 7.75"

Case Cube: 0.34

Pallet pattern: 20x5=100

Height: 44.25"

Shelf Life from Production:

1 year from Production

Date (0°F / -18°C)

5 days after thawing,
refrigerated (40°F / 4°C)



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