

Kool
kitchen

Presents



Access
FOODS

Access Foods
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Kool
kitchen

Mushroom Nuggets

Nuggets au champignon



VEGAN | VÉGÉTALIEN

KEEP FROZEN GARDER CONGELÉ | NO PRESERVATIVES SANS AGENT DE CONSERVATION 12 OZ | 340 G

Nutrition Facts

3.5 servings per container

Serving size (100g)

Amount Per Serving
Calories 180

	% Daily Value*
Total Fat 10g	13%
Saturated Fat 5g	25%
Trans Fat 0g	
Polysaturated Fat 0.9g	
Monounsaturated Fat 3.75g	
Cholesterol 0mg	0%
Sodium 560mg	24%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 6g	12%
Vitamin D 0mcg	0%
Calcium 65mg	4%
Iron 0mg	0%
Potassium 0mg	0%
Vitamin A	4%

*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.

INGREDIENTS: MUSHROOMS, REFINED WHEAT FLOUR, POTATOES, ONIONS, VEGETABLE OIL, PALM OIL, SALT, GARLIC PASTE, ITALIAN SEASONING, WHITE PEPPER, CAROM SEEDS.

HEATING INSTRUCTIONS

KEEP FROZEN PRIOR TO USE
COOKING TIMES MAY VARY

PAN FRY - HEAT OIL. FRY FROZEN MUSHROOM NUGGETS FOR 2 MINS OR UNTIL GOLDEN BROWN

BAKE - PREHEAT OVEN TO 220C / 428F. SPREAD NUGGETS ON A BAKING SHEET PLACE IN THE MIDDLE RACK FOR 12 MIN OR UNTIL GOLDEN BROWN.

INGRÉDIENTS: CHAMPIGNONS, FARINE DE BLÉ RAFFINÉ, POMME DE TERRE, OIGNON, HUILE VÉGÉTALE, HUILE DE PALME, SEL, PÂTE D'AIL, ASSAISONNEMENT ITALIENNE, POIVRE BLANC, GRAINES DE CARAMBOLE.

INSTRUCTIONS DE PRÉPARATION

GARDER CONGELÉ AVANT UTILISATION.
LE TEMPS DE CUISSON PEUT VARIER

CUISSON AVEC UNE POÊLE À FRIRE - CHAUFFER L'HUILE. FRIRE LES NUGGETS AU CHAMPIGNONS CONGELÉ PENDANT 2 MINUTES OU JUSQU'À CE QU'ILS SOIENT DORÉ.

CUISSON AU FOUR - PRÉCHAUFFER LE FOUR À 220C / 428F. ÉTALER LES NUGGETS SUR UNE PLAQUE À PÂTISSERIE, UTILISER LA GRILLE À MI-HAUTEUR ET LAISSER CUIRE PENDANT 12 MINUTES OU JUSQU'À CE QU'ILS DEVIENNENT DORÉS.

PRODUCT OF INDIA
IMPORTED BY
ACCESS FOODS | TORONTO | CANADA
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651539200975

KEEP FROZEN GARDER CONGELÉ | NO PRESERVATIVES SANS AGENT DE CONSERVATION

Kool
kitchen

Veggie Nuggets

Nuggets végétariennes



VEGAN | VÉGÉTALIEN

KEEP FROZEN GARDER CONGELÉ | NO PRESERVATIVES SANS AGENT DE CONSERVATION 14 OZ | 397 G

Nutrition Facts

4 servings per container

Serving size (100g)

Amount Per Serving
Calories 190

	% Daily Value*
Total Fat 10g	13%
Saturated Fat 5g	25%
Trans Fat 0g	
Polysaturated Fat 0.9g	
Monounsaturated Fat 3.75g	
Cholesterol 0mg	0%
Sodium 560mg	24%
Total Carbohydrate 19g	7%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 6g	12%
Vitamin D 0mcg	0%
Calcium 78mg	6%
Iron 1.8mg	10%
Potassium 0mg	0%
Vitamin A	30%

*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.

INGREDIENTS: MUSHROOMS, POTATO, ONION, REFINED OIL, BATTER, BREAD CRUMBS, CHICKPEA, FLOUR, SALT, RED CHILI FLAKES, BLACK PEPPER & BESIL.

HEATING INSTRUCTIONS

KEEP FROZEN PRIOR TO USE
COOKING TIMES MAY VARY

PAN FRY - HEAT OIL. FRY FROZEN VEGGIE NUGGETS FOR 2 MINS OR UNTIL GOLDEN BROWN

BAKE - PREHEAT OVEN TO 220C / 428F. SPREAD NUGGETS ON A BAKING SHEET PLACE IN THE MIDDLE RACK FOR 12 MINUTES OR UNTIL GOLDEN BROWN.

INGRÉDIENTS: CHAMPIGNONS, POMME DE TERRE, OIGNON, HUILE VÉGÉTALE, HUILE DE PALME, PÂTE, CHAPELURE, POIS CHICHES FARINE, SEL, FLOCONS DE PIMENT ROUGE, POIVRE NOIR ET BASILIC.

INSTRUCTIONS DE PRÉPARATION

GARDER CONGELÉ AVANT UTILISATION.
LE TEMPS DE CUISSON PEUT VARIER

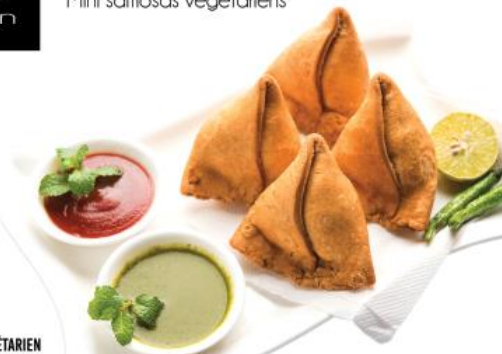
CUISSON AVEC UNE POÊLE À FRIRE - CHAUFFER L'HUILE. FRIRE LES NUGGETS AU CHAMPIGNONS CONGELÉ PENDANT 2 MINS OU JUSQU'À CE QU'ILS SOIENT DORÉ.

CUISSON AU FOUR - PRÉCHAUFFER LE FOUR À 220C / 428F. ÉTALER LES NUGGETS SUR UNE PLAQUE À PÂTISSERIE, UTILISER LA GRILLE À MI-HAUTEUR ET LAISSER CUIRE PENDANT 12 MINUTES OU JUSQU'À CE QU'ILS DEVIENNENT DORÉS.

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Kool
kitchen

Mini Veggie Samosas
Mini samosas végétariens



VEGETARIAN | VÉGÉTARIEN

KEEP FROZEN GARDER CONGELÉ
NO PRESERVATIVES SANS AGENT DE CONSERVATION

(12) 8.5 OZ | 240 G

Nutrition Facts

3 servings per container	
Serving size	4 Pieces (80g)
Amount Per Serving	
Calories	208
% Daily Value*	
Total Fat 8g	16%
Saturated Fat 4g	20%
Trans Fat 0g	
Polysaturated Fat 0.72g	
Monounsaturated Fat 3g	
Cholesterol 0mg	0%
Sodium 450mg	20%
Total Carbohydrate 30g	11%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 4g	8%
Vitamin D 0mcg	0%
Calcium 104mg	8%
Iron 1.8mg	10%
Potassium 0mg	0%
Vitamin A	4%
Vitamin C	10%

*This % 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.

INGREDIENTS: POTATOES, REFINED WHEAT FLOUR, VEGETABLE OIL, PALM OIL, PEAS, SALT, GINGER, CORIANDER SEED, CUMIN SEED, GREEN CORIANDER, RED CHILI, FENUGREEK, CAROM SEEDS.

HEATING INSTRUCTIONS

KEEP FROZEN PRIOR TO USE
COOKING TIMES MAY VARY
DEEP FRY - PREHEAT OIL TO 180C/350F
FRY FOR APPROXIMATELY 2 MINS OR UNTIL GOLDEN BROWN.

BAKE - PREHEAT OVEN TO 180C/350F
SPREAD ON A BAKING SHEET BAKE FOR APPROXIMATELY 10 TO 15 MINS

MICROWAVE - PLACE IN MICRO-WAVE SAFE PLATE. COOK ON HIGH FOR 1 MIN OR UNTIL FULLY HEATED

INGRÉDIENTS: POMMES DE TERRE, FARINE DE BLÉ RAFFINÉE, HUILE VÉGÉTALE (HUILE DE PALME), PETIT POIS, SEL, GINGEMBRE, GRAINES DE CORIANDRE, GRAINES DE CUMIN, CORIANDRE VERTTE, PIMENT ROUGE, FENUGREC, GRAINES DE CARAMBOLE.

INSTRUCTIONS DE PRÉPARATION.
GARDER CONGELÉ AVANT UTILISATION.
LE TEMPS DE CUISSON PEUT VARIER

CUISSON À LA POÊLE - PRÉCHAUFFER L'HUILE À 180C / 350F. FAIRE FRIRE PENDANT ENVIRON 2 MINUTES OU JUSQU'À BRUN DORÉ.

CUISSON AU FOUR - PRÉCHAUFFER LE FOUR À 180C/350F. ÉTALER SUR UNE PLAQUE À PÂTISSERIE PLACER DANS LE FOUR PENDANT ENVIRON 10 À 15 MINUTES.

CUISSON AU MICRO-ONDES - PLACER AU MICRO DANS UN CONTENANT ADAPTÉ AU MICRO-ONDE. PUISSANCE MAXIMAL PENDANT 1 MIN OU JUSQU'À RÉCHAUFFEMENT COMPLET.

20 Veggie Samosas | Samosas végétariens

3 servings per container	
Serving size	4 Pieces (80g)
Amount Per Serving	
Calories	208
% Daily Value*	
Total Fat 8g	16%
Saturated Fat 4g	20%
Trans Fat 0g	
Polysaturated Fat 0.72g	
Monounsaturated Fat 3g	
Cholesterol 0mg	0%
Sodium 450mg	20%
Total Carbohydrate 30g	11%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 4g	8%
Vitamin D 0mcg	0%
Calcium 104mg	8%
Iron 1.8mg	10%
Potassium 0mg	0%
Vitamin A	4%
Vitamin C	10%

INGREDIENTS: POTATOES, REFINED WHEAT FLOUR, VEGETABLE OIL, PALM OIL, PEAS, SALT, GINGER, CORIANDER SEED, CUMIN SEED, GREEN CORIANDER, RED CHILI, FENUGREEK, CAROM SEEDS.

15 Paneer Samosas | Samosas de Paneer

3 servings per container	
Serving size	4 Pieces (80g)
Amount Per Serving	
Calories	226
% Daily Value*	
Total Fat 10g	20%
Saturated Fat 6g	30%
Trans Fat 0g	
Polysaturated Fat 0.72g	
Monounsaturated Fat 3g	
Cholesterol 0mg	0%
Sodium 450mg	20%
Total Carbohydrate 30g	11%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 6g	12%
Vitamin D 0mcg	0%
Calcium 104mg	8%
Iron 1.8mg	10%
Potassium 0mg	0%
Vitamin A	4%
Vitamin C	10%

INGREDIENTS: PANNEER, REFINED WHEAT FLOUR, ONIONS, VEGETABLE OIL, PALM OIL, SALT, CORIANDER LEAVES, CUMIN SEED, RED CHILLI, CAROM

15 Mushroom Samosas | Samosas de champignons

3 servings per container	
Serving size	4 Pieces (80g)
Amount Per Serving	
Calories	204
% Daily Value*	
Total Fat 8g	16%
Saturated Fat 4g	20%
Trans Fat 0g	
Polysaturated Fat 0.72g	
Monounsaturated Fat 3g	
Cholesterol 0mg	0%
Sodium 450mg	20%
Total Carbohydrate 30g	11%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 4g	8%
Vitamin D 0mcg	0%
Calcium 104mg	8%
Iron 1.8mg	10%
Potassium 0mg	0%
Vitamin A	4%
Vitamin C	10%

INGREDIENTS: MUSHROOMS, REFINED WHEAT FLOUR, POTATOES, ONIONS, VEGETABLE OIL, PALM OIL, SALT, GARLIC PASTE, ITALIAN SEASONING, WHITE PEPPER, CAROM SEEDS.

Kool
kitchen

Assorted Mini Samosas
Variété de mini samosas



20 Veggie Samosa
Samosas végétariens
Vegan / Vegetarian

15 Paneer Samosas
Samosas de Paneer
Vegetarian / Vegetarian

15 Mushroom Samosa
Samosas aux champignons
Vegan / Vegetarian

KEEP FROZEN GARDER CONGELÉ | NO PRESERVATIVES SANS AGENT DE CONSERVATION (50) 1 KG | 2.2 LBS

Kool
kitchen

Veggie Balls

Boulettes végétariennes



VEGAN | VÉGÉTALIEN
GLUTEN FREE | SANS GLUTEN

KEEP FROZEN GARDER CONGELÉ | NO PRESERVATIVES SANS AGENT DE CONSERVATION 14 OZ | 397 G

Nutrition Facts

7 servings per container	
Serving size	3 Balls (56g)
Amount Per Serving	
Calories	130
	<small>% Daily Value*</small>
Total Fat 6g	8%
Saturated Fat 4g	20%
Trans Fat 0g	
Polyunsaturated Fat 0.72g	
Monounsaturated Fat 3g	
Cholesterol 0mg	0%
Sodium 250mg	11%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 3g	4%
Vitamin D 0mcg	0%
Calcium 39mg	4%
Iron 1.08mg	6%
Potassium 0mg	0%
Vitamin A	40%
Vitamin C	15%

*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.

INGREDIENTS: MUSHROOM, POTATO, REFINED SOYA OIL, WHEAT FLOUR, SALT, RED CHILLI, STARCH, CHICKPEA FLOUR, ONION, CORIANDER LEAVES, BAKING POWDER, CUMIN, GARLIC AND BREAD CRUMBS. PROCESSED IN A FACILITY, WHICH HANDLES WHEAT, MILK, NUT BASED PRODUCTS

HEATING INSTRUCTIONS
KEEP FROZEN PRIOR TO USE
COOKING TIMES MAY VARY

PAN FRY - HEAT OIL TO 175 C / 347 F. FRY FROZEN VEGGIE BALLS FOR APPROXIMATELY FOR 2 TO 3 MINS

BAKE - PREHEAT OVEN TO 225 C / 435 F. SPREAD ON A BAKING SHEET PLACE IN THE MIDDLE RACK FOR 2 MIN OR UNTIL GOLDEN BROWN.

MICROWAVE - 60 SECONDS

INGRÉDIENTS: CHAMPIGNON, POMME DE TERRE, HUILE DE SOJA RAFFINÉE, FARINE DE BLÉ, SEL, PIMENT ROUGE, AMIDON, FARINE DE POIS CHICHE, OIGNON, FEUILLES DE CORIANDRE, LEVURE, CUMIN, AIL ET CHAPELURE. ALIMENTS TRANSFORMÉS DANS DES MANUFACTURES MANIPULANT DU BLÉ, DU LAIT, DES PRODUITS À BASE DE NOIX.

INSTRUCTIONS DE PRÉPARATION.
GARDER CONGELÉ AVANT UTILISATION.
LE TEMPS DE CUISSON PEUT VARIER

CUISSON À LA POÊLE - CHAUFFER L'HUILE TO 175 C / 347 F. FIRE LES BOULETTES DE LÉGUMES SURGÉLÉES PENDANT ENVIRON 2 À 3 MINUTES

CUISSON AU FOUR - PRÉCHAUFFER LE FOUR À 225 C / 435 F. ÉTALER SUR UNE PLAQUE À PÂTISSERIE. PLACER À MI-HAUTEUR PENDANT 2 MIN OU JUSQU'À CE QU'ELLES SOIENT DORÉ.

MICRO-ONDES - 60 SECONDES

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KEEP FROZEN GARDER CONGELÉ | NO PRESERVATIVES SANS AGENT DE CONSERVATION

Kool
kitchen

Spicy Paneer Bites

Bouchées épicées de paneer



VEGETARIAN | VÉGÉTARIEN

KEEP FROZEN GARDER CONGELÉ 8 OZ
NO PRESERVATIVES SANS AGENT DE CONSERVATION 227 G

Nutrition Facts

about 2.5 servings per container	
Serving size	(100g)
Amount Per Serving	
Calories	300
	<small>% Daily Value*</small>
Total Fat 18g	23%
Saturated Fat 10g	50%
Trans Fat 0g	
Polyunsaturated Fat 0.9g	
Monounsaturated Fat 3.75g	
Cholesterol 25mg	8%
Sodium 560mg	25%
Total Carbohydrate 22g	8%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 13g	26%
Vitamin D 0mcg	0%
Calcium 2730mg	210%
Iron 0mg	0%
Potassium 0mg	0%

*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.

INGREDIENTS: PANEER, REFINED WHEAT FLOUR, CORN STARCH, BREAD CRUMBS, REFINED VEGETABLE OIL, VINEGAR, RED CHILI POWDER, GARLIC POWDER & ROCK SALT.

HEATING INSTRUCTIONS
KEEP FROZEN PRIOR TO USE
COOKING TIMES MAY VARY

DEEP FRY - HEAT OIL TO 180 C / 350F. FRY FOR APPROXIMATELY 2-3 MINS

BAKE - HEAT OVEN TO 200 C / 392 F. BAKE FOR APPROXIMATELY 10-12 MINUTES OR UNTILL GOLDEN BROWN.

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INGRÉDIENTS: PANEER, FARINE DE BLÉ RAFFINÉE, AMIDON DE MAÏS, CHAPELURE DE PAIN, HUILE VÉGÉTALE RAFFINÉE, VINAIGRE, POUDRE DE PIMENT ROUGE, POUDRE D'AIL ET GROS SEL.

INSTRUCTIONS DE PRÉPARATION.
GARDER CONGELÉ AVANT UTILISATION.
LE TEMPS DE CUISSON PEUT VARIER
CUISSON À LA POÊLE - PRÉCHAUFFER L'HUILE À 180 C / 350F. FAIRE FRIRE PENDANT 2-3 MINUTES.

CUISSON AU FOUR - PRÉCHAUFFER LE FOUR À 200 ° C / 392 F. CUIRE PENDANT 10 À 12 MINUTES OU JUSQU'À CE QUE LES BOUCHÉES SOIENT DORÉ.

Kool
kitchen

French Toast Sticks

Bâtonnets de pain perdu



VEGETARIAN | VÉGÉTARIEN

KEEP FROZEN GARDER CONGELÉ | NO PRESERVATIVES SANS AGENT DE CONSERVATION 16 OZ | 454 G

Kool
kitchen

French Toast Sticks

Bâtonnets de pain perdu

Nutrition Facts

4 servings per container	
Serving size	5 Sticks (110g)
Amount Per Serving	
Calories	320
<small>% Daily Value*</small>	
Total Fat 15g	19%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 370mg	16%
Total Carbohydrate 45g	16%
Dietary Fiber 2g	7%
Total Sugars 11g	
Includes 9g Added Sugars	18%
Protein 4g	8%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 1.44mg	8%
Potassium 0mg	0%

*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: OREGAN (WHEAT FLOUR, WATER, YEAST), PALM OIL, SUGAR, CORNMEAL POWDER (CORNFLOUR, SALT, NATURAL VANILLA FLAVOR, COLORED WITH ANNATTO AND TURMERIC), SALT, SKIM MILK POWDER, CINNAMON, SALT, VANILLA ESSENCE (PROPYLENE GLYCOL, WATER, NATURAL VANILLA FLAVOR, COLORED WITH ANNATTO AND TURMERIC). CONTAINS MILK AND WHEAT. MAY CONTAIN TRACES OF ALMONDS.

HEATING INSTRUCTIONS

KEEP FROZEN PRIOR TO USE.

COOKING TIMES MAY VARY.

PAN FRY - HEAT PAN TO 160 C / 320 F.

COOK FOR 3 MINS ON EACH SIDE

OR UNTIL GOLDEN BROWN.

BAKE - PREHEAT OVEN TO 220 C / 428 F.

SPREAD ON A BAKING SHEET.

PLACE IN THE MIDDLE FOR 3 TO 6

MINS OR UNTIL GOLDEN BROWN.

MICROWAVE - PLACE IN MICRO-

WAVE SAFE PLATE. HEAT FOR 60 SECS.

INGRÉDIENTS: PAIN (FARINE DE BLÉ, EAUX LEVURE), HUILE DE PALME, SUCRE, COUTARDE (FARINE DE MAÏS, SAUVEUR NATURELLE DE VANILLE, COLORÉE AVEC DE L'ANNATTO ET DU TURMERIC), SEL, POUDRE D'LAIT CRÈME CANADIENNE, SEL, HUILE ESSENCE DE VANILLE (PROPYLÈNE GLYCOL, EAUX, NATUREL SAUVEUR DE VANILLE, COLORÉE AVEC DE L'ANNATTO ET DU TURMERIC), CONTIEN DU LAIT ET DU BLÉ. PEUT CONTENIR DES TRACES D'AMANDES.

INSTRUCTIONS DE PRÉPARATION.

GARDER CONGELÉ AVANT UTILISATION.

LE TEMPS DE CUISSON PEUT VARIER.

CUISSON À LA POÊLE - CHAUFFER LA

POÊLE À 160 C / 320 F. CUIRE PENDANT 3 MIN

DE CHAQUE CÔTÉ OU JUSQU'À CE QU'IL SOIT DORÉ.

CUIRE AU FOUR - PRÉCHAUFFER LE FOUR À

220 C / 428 F. ÉTALER SUR UNE PLAQUE À

PÂTISSERIE PLACER DANS LE FOUR À MI-HAUTEUR

PENDANT 3 À 6 MIN. OU JUSQU'À CE QU'ELLES

SOIENT DORÉES.

MICRO-ONDES - PLACER DANS UN CONTENANT

ADAPTE AU MICRO-ONDE. RECHAUFFER PENDANT

60 SECONDES.

PRODUCT OF INDIA

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Kool
kitchen

Veggie Burgers

Burgers végétariens



VEGAN | VÉGÉTALIEN
GLUTEN FREE | SANS GLUTEN

KEEP FROZEN GARDER CONGELÉ | NO PRESERVATIVES SANS AGENT DE CONSERVATION (6) 16.8 OZ | 476 G

Nutrition Facts

6 servings per container	
Serving size	1 piece (80g)
Amount Per Serving	
Calories	150
<small>% Daily Value*</small>	
Total Fat 6g	10%
Saturated Fat 4g	20%
Trans Fat 0g	
Polysaturated Fat 0.72g	
Monounsaturated Fat 3g	
Cholesterol 0mg	0%
Sodium 450mg	20%
Total Carbohydrate 15g	5%
Dietary Fiber 4g	14%
Total Sugars 3g	0%
Includes 0g Added Sugars	0%
Protein 5g	10%
Vitamin D 0mcg	0%
Calcium 78mg	6%
Iron 1.8mg	10%
Potassium 0mg	0%
Vitamin A	30%
Vitamin C	0%

*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.

INGREDIENTS: VEGETABLES (POTATOES, CARROTS, BEANS, GREEN PEAS, CAPSICUM, ONION, SWEET CORN) VEGETABLE OIL (PALM, SOYA OIL), CORN STARCH, RICE FLAKES, GINGER AND SPICES.

INGRÉDIENTS: LÉGUMES (POMMES DE TERRE, CAROTTES, HARICOTS, PETITS POIS, CAPSICUM, OIGNON, MAÏS DOLUX) HUILE VÉGÉTALE (PALME, HUILE DE SOJA), AMIDON DE MAÏS, FLOCONS DE RIZ, GINGEMBRE ET ÉPICES.

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HEATING INSTRUCTIONS

KEEP FROZEN PRIOR TO USE.

COOKING TIMES MAY VARY.

PAN FRY - HEAT PAN TO MEDIUM HIGH.

COOK FOR 7 MINUTES OR UNTIL BOTTOM

IS GOLDEN BROWN. FLIP CAREFULLY AND

COOK FOR ADDITIONAL 4 MINS.

BAKE - PREHEAT OVEN TO 230C / 450F.

SPREAD ON A BAKING SHEET PLACE IN THE

MIDDLE FOR 5 MINS FLIP AND BAKE FOR

AN ADDITIONAL 4 MINUTES OR UNTIL

GOLDEN BROWN.

MICROWAVE - PLACE IN MICROWAVE

SAFE PLATE. COOK ON HIGH FOR

1 MINUTE 30 SEC, FLIP CAREFULLY AND

COOK FOR AN ADDITIONAL 1 MINUTE.

INSTRUCTIONS DE PRÉPARATION.

GARDER CONGELÉ AVANT UTILISATION.

LE TEMPS DE CUISSON PEUT VARIER.

CUISSON À LA POÊLE - FRIRE À FEU

MOYEN/Haute. AISSER CUIRE PENDANT 7 MINS

OU JUSQU'À CE QUE LE FOND SOIT BRUN DORÉ.

RETOURNER SOIGNEUSEMENT ET FAITES CUIRE

PENDANT 4 MINUTES.

CUISSON AU FOUR - PRÉCHAUFFER LE

FOUR À 230C/450F. ÉTALER SUR UNE PLAQUE À

PÂTISSERIE PLACER À MI-HAUTEUR DU FOUR

PENDANT 5 MINS. RETOURNER ET CUIRE ENCORE

PENDANT 4 MINS SUPPLÉMENTAIRES OU JUSQU'À

CE QU'ILS SOIENT DORÉS.

CUISSON AU MICRO-ONDES - PLACER DANS

UN CONTENANT ADAPTE AU MICRO-ONDES.

RECHAUFFER À PUISSANCE MAXIMALE PENDANT

1 MINUTE 30 SEC. RETOURNER SOIGNEUSEMENT ET

CONTINUER PENDANT 1 MINUTE SUPPLÉMENTAIRE.

KEEP FROZEN GARDER CONGELÉ | NO PRESERVATIVES SANS AGENT DE CONSERVATION

Product List

Product Description	UPC Code	Unit Wt.	Units/Cs	Case Wt.	Cases/Skid
Mushroom Nuggets	651539200975	340 g	12	4.080 kg	100
Veggie Nuggets	651539931008	397 g	12	4.764 kg	100
Mini Veggie Samosa	651539200999	240 g	12	2.880 kg	140
Assorted Samosa	651539200845	1 kg	8	8 kg	72
Veggie Balls	651539200920	397 g	12	4.764 kg	100
Spicy Paneer Bites	651539931015	227 g	12	2.724 kg	140
French Toast Sticks	651539200906	454 g	12	5.448 kg	100
Veggie Burger	651539200944	476 g	12	5.712 kg	120



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