



Tan Rosie Product Ingredient List

Spice And Learn Box Caribbean Cooking Kit And Online Experience

Product Name: Caribbean Style Curry Powder

Ingredients: Coriander Seeds, Turmeric, Ground Ginger, Cumin Seeds, Black Pepper, Garlic, Cardamom, Fenugreek Seeds, Dried Cloves, Chilli Flakes, Fennel Seeds, Curry Leaves (0.47%)

Nutritional Information:

Nutrition	Per 100g	Per 40g	Unit
Energy	1447	579	(kJ)
Energy	347	139	(kcal)
Fat	12	4.6	g
Saturates	1.5	0.6	g
Carbohydrate	35	14	g
Sugars	4.5	1.8	g
Protein	12	4.8	g
Salt	0.14	0.05	g

Product Name: Garlic & Pepper Hot Sauce

Ingredients: White Wine Vinegar [**Sulphites**], Scotch Bonnet Chillies (25.7%), Water, Onions, Garlic (5.1%), Olive Oil, Sugar, Corn Flour, Paprika, Turmeric, Salt

Nutritional Information:

Nutrition	Per 100g	Unit
Energy	235	(kJ)
Energy	56	(kcal)
Fat	3.3	g

Saturates	0.5	g
Carbohydrate	5	g
Sugars	3.8	g
Protein	1.1	g
Salt	0.59	g