



TJ Mini Chicken Tikka Samosas:

Production Date: 10422

BB Date: 2023 Apr 14

Product Code: 00979818



**HEATING INSTRUCTIONS**

**HEAT FROM FROZEN**

**CONVENTIONAL OVEN:**  
Preheat oven to 400°F.  
Place samosas in a single layer on a lined baking sheet and heat for 14 to 16 minutes or until crisp and heated through. Remove from oven and let stand 2 minutes before serving.

**AIR FRYER:**  
Preheat air fryer to 380°F.  
Place samosas in a single layer in air fryer basket. Heat for 6 minutes, flip, and heat an additional 6 minutes or until crisp and heated through. Remove from air fryer and let stand 2 minutes before serving.

**MICROWAVE (1200 watt):**  
Microwave heat times may vary depending on oven wattage. Place 4 samosas on a microwave safe dish, cover with a damp paper towel and heat on high for 1 minute or until heated through. Let stand 1 minute before serving.

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**Nutrition Facts**  
3 servings per container  
Serving size 4 pieces (80g)

	Per serving	Per container
<b>Calories</b>	<b>180</b>	<b>550</b>
	% DV*	% DV*
<b>Total Fat</b>	10g 13%	30g 38%
Saturated Fat	1g 5%	2.5g 13%
Trans Fat	0g	0g
<b>Cholesterol</b>	20mg 7%	60mg 20%
<b>Sodium</b>	340mg 15%	1030mg 45%
<b>Total Carb.</b>	14g 5%	42g 15%
Dietary Fiber	1g 4%	4g 14%
Total Sugars	0g	0g
Incl. Added Sugars	0g 0%	0g 0%
<b>Protein</b>	9g	28g
Vitamin D	0mcg 0%	0mcg 0%
Calcium	10mg 0%	40mg 4%
Iron	1.1mg 6%	3.4mg 20%
Potassium	150mg 4%	460mg 10%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a diet of 2,000 calories a day. See general nutrition advice.

**INGREDIENTS:** FILLING (CHICKEN, ONION, POTATOES, WATER, CRUSHED TOMATOES, YOGURT (SKIM MILK POWDER, PECTIN, BACTERIAL CULTURE), CANOLA OIL, GARLIC, SALT, PAPRIKA, GINGER, SPICES, CILANTRO, CITRIC ACID (ACIDULANT), TURMERIC, CANE SUGAR), PASTRY (WATER, ENRICHED WHEAT FLOUR (WHEAT FLOUR\*, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CANOLA OIL, SALT, VINEGAR). \*WHEAT FLOUR MAY CONTAIN SOY.  
CONTAINS MILK, WHEAT.  
MAY CONTAIN SOY.  
DIST. & SOLD EXCLUSIVELY BY:  
TRADER JOE'S, MONROVIA, CA 91016  
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