



PUFF PASTRY SHEET

Cooking Instructions:

Preheat the oven for 5 to 10 minutes at 200 deg Celsius

Place the pastry inside the oven over a butter paper or baking tray

Bake at 210 deg Celsius for 30 min

Make sure the Puff turns to golden brown colour with required baking. Remove from the oven and the puffs are ready to serve

Baking(OTG / Microwave Oven)

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Nutrition facts :

Nutritional information			
Nutritional Information	Per 100g	Per Serving 50 g	% RDA *Per Serving
Energy(Kcal)	560	280.0	14.00
Proteing	5.6	2.8	5.60
Total Carbohydrate g	71	35.5	12.91
Total Sugars g	2.6	1.3	
Total Fatg	20	10.0	14.93
Saturated Fatg	10	5.0	22.73
Trans Fatg	<1	<1	
Cholesterolmg	0	0.0	0.00
Dietary Fiber	2	1.0	
Sodiummg	800	400.0	20.00

Allergen Information

Contains Wheat

Ingredients Used

Refined Wheat Flour, water(RO), Vegetable fat(palm), Sugar, Salt, Edible starch,
Flour improver (INS 1102, INS 1101, INS 300)

