



Product Information Sheet

Product Code 324867

Weight 775g

Product Type Large / Multi-Portion

Product Name Lemon Flavour Sponge

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	1237kj	1187kj
Energy (kcal)	295kcal	283kcal
Fat	13g	12g
Saturated	1.7g	1.7g
Monounsaturated	7.4g	7.1g
Polyunsaturated	3.4g	3.2g
Carbohydrate	42g	41g
of which sugars	27g	26g
Fibre	0.6g	0.5g
Protein	2.2g	2.1g
Sodium	136mg	130mg
Salt equivalent	0.34g	0.33g
Potassium	37mg	35mg

Ingredient Declaration

water, sugar, **wheat** flour (with calcium, iron, niacin, thiamin), rapeseed oil, **stabiliser blend** (sucrose, **egg** powder, **wheat** starch, starch, raising agents (diphosphates, sodium hydrogen carbonate), emulsifier (mono- and diglycerides of fatty acids)), cornflour, lemon juice concentrate (contains **sulphites**) (2.5%), natural Sicilian lemon flavouring, acidity regulator (citric acid), natural flavouring, colour (lutein).

Warnings:

⚠ May contain milk.

Diet Coding		Made Without		Free From	
1 of 5 a Day		Alcohol	✓	Alcohol	
Energy Dense	✓	Beef	✓	Beef	
Gluten Free		Celery	✓	Celery	
Low Fat		Cheese	✓	Cheese	
Low Salt		Crustacean	✓	Crustacean	
Vegetarian	✓	Egg & Egg Derivatives		Egg & egg derivatives	
Low Saturated Fat		Fish	✓	Fish	
Healthier Choice		Garlic	✓	Garlic	
Vegan		Lupin	✓	Gluten	
Soft		Milk & Milk Derivatives	✓	Milk & milk derivatives	✓
Reduced Sugars		Mollusc	✓	Mollusc	
Low Sugars		Mushroom	✓	Mushroom	
2 of 5 a Day		Mustard	✓	Mustard	
3 of 5 a Day		Nuts	✓	Nuts	
Reducing		Onion	✓	Onion	
High Protein		Peanut	✓	Peanuts	
Easy Chew	✓	Sesame	✓	Soya	
Free From Milk		Soya	✓	Sulphur dioxide/sulphites >10mg/kg	
SourceFibre		Tomato	✓	Tomato	
SourceOfProtein		Yeast	✓	Yeast	
		Almond	✓		
		Brazil	✓		
		Cashew	✓		
		Hazlenut	✓		
		Macadamia	✓		
		Pecan	✓		
		Pistachio	✓		
		Queensland	✓		
		Walnut	✓		
		Wheat			
		Rye	✓		
		Barley	✓		
		Oats	✓		

Cooking Guidelines (all ovens may vary)

Cook from frozen. Lid off.

Store at -18°C, do not refreeze once thawed

Product Code 328867**Weight**285g**Product Type** Small / Twin**Product Name** Lemon Flavour Sponge**Nutrition (as consumed)**

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kJ)	1238kJ	1176kJ
Energy (kcal)	295kcal	280kcal
Fat	13g	12g
Saturated	1.7g	1.7g
Monounsaturated	7.5g	7.1g
Polyunsaturated	3.4g	3.2g
Carbohydrate	42g	40g
of which sugars	27g	26g
Fibre	0.6g	0.5g
Protein	2.2g	2.1g
Sodium	136mg	129mg
Salt equivalent	0.34g	0.32g
Potassium	37mg	35mg

Ingredient Declaration

water, sugar, **wheat** flour (with calcium, iron, niacin, thiamin), rapeseed oil, **stabiliser blend** (sucrose, **egg** powder, **wheat** starch, starch, raising agents (diphosphates, sodium hydrogen carbonate), emulsifier (mono- and diglycerides of fatty acids)), cornflour, lemon juice concentrate (contains **sulphites**) (2.5%), natural Sicilian lemon flavouring, acidity regulator (citric acid), natural flavouring, colour (lutein).

Diet Coding		Made Without		Free From	
1 of 5 a Day		Alcohol	✓	Alcohol	
Energy Dense	✓	Beef	✓	Beef	
Gluten Free		Celery	✓	Celery	
Low Fat		Cheese	✓	Cheese	
Low Salt		Crustacean	✓	Crustacean	
Vegetarian	✓	Egg & Egg Derivatives		Egg & egg derivatives	
Low Saturated Fat		Fish	✓	Fish	
Healthier Choice		Garlic	✓	Garlic	
Vegan		Lupin	✓	Gluten	
Soft		Milk & Milk Derivatives	✓	Milk & milk derivatives	✓
Reduced Sugars		Mollusc	✓	Mollusc	
Low Sugars		Mushroom	✓	Mushroom	
2 of 5 a Day		Mustard	✓	Mustard	
3 of 5 a Day		Nuts	✓	Nuts	
Reducing		Onion	✓	Onion	
High Protein		Peanut	✓	Peanuts	
Easy Chew	✓	Sesame	✓	Soya	
Free From Milk		Soya	✓	Sulphur dioxide/sulphites >10mg/kg	
SourceFibre		Tomato	✓	Tomato	
SourceOfProtein		Yeast	✓	Yeast	
		Almond	✓		
		Brazil	✓		
		Cashew	✓		
		Hazlenut	✓		
		Macadamia	✓		
		Pecan	✓		
		Pistachio	✓		
		Queensland	✓		
		Walnut	✓		
		Wheat			
		Rye	✓		
		Barley	✓		
		Oats	✓		

Cooking Guidelines (all ovens may vary)

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