



Product Information Sheet

Product Code

324827

Product Type

Large / Multi-Portion

Product Name

Summer Fruit Crumble

Weight

1120g

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	884kj	1238kj
Energy (kcal)	210kcal	294kcal
Fat	6.5g	9.1g
Saturated	2.3g	3.2g
Monounsaturated	2.6g	3.7g
Polyunsaturated	1.2g	1.7g
Carbohydrate	34g	48g
of which sugars	18g	25g
Fibre	2.1g	3.0g
Protein	2.7g	3.8g
Sodium	13mg	18mg
Salt equivalent	0.03g	0.05g
Potassium	102mg	143mg

Ingredient Declaration

apple (19%), water, **wheat** flour (with calcium carbonate, niacin, iron, thiamin), sugar, blackcurrants (13%), plums (6%), vegetable oils (palm, rapeseed), **oats**, cornflour, cane molasses.

Warnings:

⚠ May contain whole or pieces of plum stones.

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 with lid off. Always cook from frozen.

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