

Product Information Sheet

Product Code 324805

Weight 775g

Product Type Large / Multi-Portion

Product Name Apple Sponge

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)	
Energy (kJ)	1152kJ	1106kJ	
Energy (kcal)	275kcal	264kcal	
Fat	12g	12g	
Saturated	1.2g	1.1g	
Monounsaturated	7.4g	7.1g	
Polyunsaturated	3.4g	3.2g	
Carbohydrate	38g	37g	
of which sugars	21g	20g	
Fibre	0.9g	0.9g	
Protein	2.2g	2.1g	
Sodium	170mg	164mg	
Salt equivalent	0.43g	0.41g	
Potassium	87mg	83mg	

Ingredient Declaration

water, Bramley apple (15%), **wheat** flour (with calcium, iron, niacin, thiamin), sugar, rapeseed oil, stabiliser blend [sucrose, **egg** powder, **wheat** starch, starch, raising agents (diphosphates, sodium hydrogen carbonate), emulsifier (mono- and diglycerides of fatty acids)], cornflour, natural flavouring.

Warnings:

⚠ May contain milk.

Made Without Free From Diet Coding 1 of 5 a Day Alcohol Alcohol Beef **Energy Dense** Beef Celery Gluten Free Celery Cheese Low Fat Cheese Crustacean Low Salt Crustacean Egg & egg derivatives Vegetarian Egg & Egg Derivatives Fish Low Saturated Fish Garlic Fat Garlic **Healthier Choice** Gluten Lupin Milk & milk derivatives Vegan Milk & Milk Soft Mollusc **Derivatives Reduced Sugars** Mushroom Mollusc Mustard **Low Sugars** Mushroom 2 of 5 a Day Nuts Mustard 3 of 5 a Day Onion Nuts Peanuts Reducing Onion High Protein Soya Peanut Sulphur dioxide/sulphites Easy Chew >10mg/kg Sesame Free From Milk Tomato Soya SourceFibre Yeast **Tomato** SourceOfProtein 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 328805
Product Type Small / Twin

Product Name Apple Sponge

Weight 285g

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)	
Energy (kJ)	1153kJ	1095kJ	
Energy (kcal)	275kcal	261kcal	
Fat	12g	12g	
Saturated	1.2g	1.1g	
Monounsaturated	7.5g	7.1g	
Polyunsaturated	3.4g	3.2g	
Carbohydrate	38g	36g	
of which sugars	21g	20g	
Fibre	0.9g	0.9g	
Protein	2.2g	2.1g	
Sodium	170mg	162mg	
Salt equivalent	0.43g	0.40g	
Potassium	87mg	82mg	

Ingredient Declaration

water, Bramley apple (15%), **wheat** flour (with calcium, iron, niacin, thiamin), sugar, rapeseed oil, stabiliser blend [sucrose, **egg** powder, **wheat** starch, starch, raising agents (diphosphates, sodium hydrogen carbonate), emulsifier (mono- and diglycerides of fatty acids)], cornflour, natural flavouring.

Warnings:

⚠ May contain milk.

Energy Dense	Diet Coding		Made Without		Free From	
Gluten Free Celery Cheese Chee	1 of 5 a Day		Alcohol	/	Alcohol	
Low Fat Cheese Crustacean Pega & Egg & Egg Derivatives Pish Garlic Gliuten Perivatives Positives Peanut Pea	Energy Dense	/	Beef	/	Beef	
Low Salt Vegetarian Vegetarian Vegetarian Vegetarian Vegetarian Vegetarian Vegetarian Vegetarian Vege & Egg & Egg Derivatives Fish Garlic Garlic Vegan Milk & Milk Soft Derivatives Mollusc Mushroom Mustard Nuts Onion Vegan Nuts Vegan Mustard Nuts Onion Vegan Nuts Vegetarian Vegan Mollusc Mushroom Mustard Nuts Onion Vegan Nuts Vegan Vegetarian Vegan Mollusc Mushroom Mustard Nuts Onion Vegan Vegast Vegan Veg	Gluten Free		Celery	/	Celery	
Vegetarian	Low Fat		Cheese		Cheese	
Vegetarian Figg & Egg Derivatives Low Saturated Fat Fish Fat Garlic Healthier Choice Lupin Vegan Milk & Milk Derivatives Reduced Sugars Mollusc Low Sugars Mushroom 2 of 5 a Day Mustard 3 of 5 a Day Mustard Reducing Nuts High Protein Peanut Easy Chew Peanut Free From Milk Sesame SourceFibre Soya SourceOfProtein Tomato Yeast Almond Hazlenut Almond Pecan Pistachio Queensland Walnut Wheat Rye Barley Amalik & egg derivatives Fish Garlic Gluten Milk & milk derivatives Mustard Nuts Onion Mustard Nuts Onion Peanuts Soya Sulphur dioxide/sulphites Yeast Yeast	Low Salt		Crustacean	1./	Crustacean	
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Almond Brazil Cashew Hazlenut Macadamia Pecan Pistachio Queensland Walnut Wheat Rye Barley	SourceOfProtein		Tomato		Yeast	
Brazil Cashew Hazlenut Macadamia Pecan Pistachio Queensland Walnut Wheat Rye Barley			Yeast	/		
Cashew Hazlenut Macadamia Pecan Pistachio Queensland Walnut Wheat Rye Barley			Almond	/		
Hazlenut Macadamia Pecan Pistachio Queensland Walnut Wheat Rye Barley			Brazil	/		
Macadamia Pecan Pistachio Queensland Walnut Wheat Rye Barley			Cashew	/		
Pecan Pistachio Queensland Walnut Wheat Rye Barley			Hazlenut	/		
Pistachio Queensland Walnut Wheat Rye Barley			Macadamia	/		
Queensland Walnut Wheat Rye Barley			Pecan	/		
Walnut Wheat Rye Barley			Pistachio	/		
Walnut Wheat Rye Barley			Queensland		•	
Wheat Rye Barley				1/		
Rye Barley				†		
Barley						
				1./		
Outs (7			Oats	1/		

Cooking Guidelines (all ovens may vary)

Cook from frozen. Lid off.

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

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