



Product Information Sheet

Product Code 324840

Weight 920g

Product Type Large / Multi-Portion

Product Name Sticky Toffee Pudding

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	1437kj	1653kj
Energy (kcal)	343kcal	394kcal
Fat	16g	19g
Saturated	9.9g	11g
Monounsaturated	4.2g	4.8g
Polyunsaturated	0.7g	0.8g
Carbohydrate	46g	52g
of which sugars	33g	38g
Fibre	1.0g	1.1g
Protein	3.3g	3.8g
Sodium	272mg	313mg
Salt equivalent	0.68g	0.78g
Potassium	169mg	195mg

Ingredient Declaration

sugar, cream (**milk**) (17%), **wheat** flour (with calcium carbonate, niacin, iron, thiamin), butter (**milk**) (14%), water, dates (10%), dried **egg** powder, modified starch, rice flour, raising agents (sodium hydrogen carbonate, diphosphates), cane molasses, salt.

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 on. Always cook from frozen.

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

Product Code 328840

Weight 345g

Product Type Small / Twin

Product Name Sticky Toffee Pudding

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kJ)	1451kJ	1668kJ
Energy (kcal)	346kcal	398kcal
Fat	16g	19g
Saturated	10.0g	11g
Monounsaturated	4.2g	4.9g
Polyunsaturated	0.7g	0.8g
Carbohydrate	46g	53g
of which sugars	34g	39g
Fibre	1.0g	1.2g
Protein	3.4g	3.9g
Sodium	276mg	317mg
Salt equivalent	0.69g	0.79g
Potassium	171mg	197mg

Ingredient Declaration

sugar, cream (milk) (17%), wheat flour (with calcium carbonate, niacin, iron, thiamin), butter (milk) (14%), water, dates (10%), dried egg powder, modified starch, rice flour, raising agents (sodium hydrogen carbonate, diphosphates), cane molasses, salt.

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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