

Product Information Sheet

Product Code 324818

Weight 775g

Product Type Large / Multi-Portion

Product Name Jam Sponge

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)	
Energy (kJ)	1472kJ	1413kJ	
Energy (kcal)	350kcal	336kcal	
Fat	12g	12g	
Saturated	1.2g	1.2g	
Monounsaturated	7.4g	7.1g	
Polyunsaturated	3.3g	3.2g	
Carbohydrate	57g	55g	
of which sugars	44g	43g	
Fibre	0.9g	0.9g	
Protein	2.3g	2.2g	
Sodium	145mg	139mg	
Salt equivalent	0.36g	0.35g	
Potassium	71mg	68mg	

Ingredient Declaration

glucose-fructose syrup, sugar, water, **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)), raspberry puree (5%), plum puree (3.5%), apple puree (3%), acidity regulators (citric acid, trisodium citrate), natural flavourings, elderberry concentrate, colour (anthocyanins), gelling agent (pectin).

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 with lid off. Cook from frozen.

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

Product Code 328818

Product Type Small / Twin

Product Name Jam Sponge

Weight 285g

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kJ)	1472kJ	1399kJ
Energy (kcal)	350kcal	333kcal
Fat	12g	12g
Saturated	1.2g	1.2g
Monounsaturated	7.5g	7.1g
Polyunsaturated	3.3g	3.2g
Carbohydrate	57g	54g
of which sugars	44g	42g
Fibre	0.9g	0.9g
Protein	2.3g	2.2g
Sodium	145mg	137mg
Salt equivalent	0.36g	0.34g
Potassium	71mg	68mg

Ingredient Declaration

glucose-fructose syrup, sugar, water, **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)), raspberry puree (5%), plum puree (3.5%), apple puree (3%), acidity regulators (citric acid, trisodium citrate), natural flavourings, elderberry concentrate, colour (anthocyanins), gelling agent (pectin).

Energy Dense	Diet Coding		Made Without		Free From	
Gluten Free Celery Celery Chow Fat Cheese Coustacean Co	1 of 5 a Day		Alcohol	/	Alcohol	
Low Fat Cheese Crustacean Pega & Egg & Egg Derivatives Pish Garlic Gluten Milk & Milk Derivatives Mushroom Mustard Nuts Onion Peanut Soya Soya Soya Soya Soya Soya Soya Soya	Energy Dense	/	Beef	/	Beef	
Low Salt Vegetarian Vegetarian Vegetarian Vegetarian Vegetarian Vegetarian Vegetarian Vegetarian Vege & Egg & Egg Derivatives Fish Garlic Garlic Uupin Vegan Milk & Milk Operivatives Mollusc Mushroom Mustard Nuts Of 5 a Day Reducing High Protein Easy Chew Free From Milk Source-Fibre SourceOfProtein Vegat Almond Brazil Cashew Hazlenut Malata Rye Barley Vegat Seg & egg derivatives Fish Garlic Gluten Milk & milk derivatives Mollusc Mushroom Mustard Mullusc Mushroom Mustard Nuts Onion Peanuts Soya Soya Sulphur dioxide/sulphites Veast Valenut Veast	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 Soft Mollusc 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 Brazil Yeast Almond Yeast Hazlenut Macadamia Pecan Pistachio Queensland Walnut Wheat Rye Barley	Low Salt		Crustacean	1./	Crustacean	
Low Saturated Fish Garlic Garlic Gluten Wegan Milk & Milk Milk Milk & Mi	Vegetarian	/		 	Egg & egg derivatives	
Healthier Choice Vegan Soft Soft Derivatives Reduced Sugars Low Sugars Low Sugars A Mollusc Mushroom Mustard Mustard Mustard Musts Onion Peanut Soya SourceFibre SourceOfProtein Yeast Almond Brazil Cashew Hazlenut Macadamia Pecan Pistachio Queensland Wuhat Rye Barley Milk &	Low Saturated				Fish	
Healthier Choice Vegan Milk & Milk Derivatives Mollusc Mushroom Mustard Mustard Molion Milk & Milk Mustard Mustard Molion Mustard Mustard Molion Mustard Nuts Onion Peanuts Soya Soya Soya Soya Sulphur dioxide/sulphites >10mg/kg Tomato Yeast Almond Free From Milk Macadamia Milk & milk derivatives Mustard Mustard Mustard Nuts Onion Peanuts Soya Soya Free From Milk SourceFibre Soya Tomato Yeast Almond Freat Almond	Fat		- Garlic	\ <u>'</u>	Garlic	
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Easy Chew / Peanut	Reducing	<u> </u>		\ <u>\</u>	Peanuts	
Free From Milk SourceFibre SourceOfProtein Tomato Yeast Almond Brazil Cashew Hazlenut Macadamia Pecan Pistachio Queensland Walnut Wheat Rye Barley Soya Tomato Yeast Yeast Almond Yeast Y	High Protein			\ <u>\</u>	Soya	
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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./		
			Oats	1/		

Cooking Guidelines (all ovens may vary)

Cook with lid off. Cook from frozen.

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