



Product Information Sheet

Product Code 217167

Weight 155g

Product Type Individual

Product Name Level 4 Puréed Summer Fruit Sponge & Custard

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	670kj	1039kj
Energy (kcal)	160kcal	249kcal
Fat	8.4g	13g
Saturated	2.0g	3.1g
Monounsaturated	4.4g	6.9g
Polyunsaturated	1.8g	2.8g
Carbohydrate	18g	28g
of which sugars	11g	18g
Fibre	2.3g	3.6g
Protein	2.0g	3.2g
Sodium	105mg	162mg
Salt equivalent	0.26g	0.41g
Potassium	121mg	187mg

Ingredient Declaration

water, sugar, vegetable oils (rapeseed, palm), gluten free self raising flour (flour blend (rice, tapioca, potato, maize), raising agents (monocalcium phosphate, sodium hydrogen carbonate), thickener (xanthan gum)), skimmed **milk** powder, cornflour, fructo-oligosaccharides, modified starch, blackberry puree (1.5%), strawberry puree (1.5%), whey (**milk**) powder, palm fat, dried **egg** powder, blackcurrant puree (0.7%), cherry puree (0.7%), **milk** proteins, stabiliser (methyl cellulose), glucose-fructose syrup, glucose syrup, salt, natural flavourings (contains **milk**), elderberry concentrate, thickener (carrageenan), colour (annatto norbixin), acidity regulator (citric acid).

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		Milk & milk derivatives		Gluten	✓
Soft		Mollusc	✓	Milk & milk derivatives	
Reduced Sugars		Mushroom	✓	Mollusc	
Low Sugars		Mustard	✓	Mushroom	
2 of 5 a Day		Nuts	✓	Mustard	
3 of 5 a Day		Onion	✓	Nuts	
Reducing		Peanuts	✓	Onion	
High Protein		Soya	✓	Peanuts	
Easy Chew		Tomato	✓	Soya	
Free From Milk		Yeast	✓	Sulphur dioxide/sulphites	
SourceFibre		Lupin	✓	>10mg/kg	✓
SourceOfProtein		Sesame	✓	Tomato	
				Yeast	

Cooking Guidelines (all ovens may vary)

Cook from frozen. Do not pierce, cook with film lid on. Ensure food is piping hot. Take care, hot after heating. Once cooked do not reheat. Microwave - cook on HALF power.

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

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