



Product Information Sheet

Product Code 217165

Weight 170g

Product Type Individual

Product Name Level 4 Puréed Sticky Toffee Pudding

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	820kj	1394kj
Energy (kcal)	197kcal	334kcal
Fat	12g	21g
Saturated	4.1g	7.0g
Monounsaturated	5.6g	9.6g
Polyunsaturated	2.1g	3.5g
Carbohydrate	19g	32g
of which sugars	13g	22g
Fibre	2.3g	3.9g
Protein	1.8g	3.0g
Sodium	137mg	233mg
Salt equivalent	0.34g	0.58g
Potassium	122mg	208mg

Ingredient Declaration

water, sugar, cream (**milk**) (8%), 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)), modified starch, butter (**milk**) (2.5%), fructo-oligosaccharides, skimmed **milk** powder, whey (**milk**) powder, palm fat, dried **egg** powder, cornflour, **milk** proteins, stabiliser (methyl cellulose), caramelised sugar, glucose syrup, salt, natural flavourings (contains **milk**), cane molasses, colour (annatto norbixin).

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)

Always cook from frozen. Do not pierce, cook with film lid on. Ensure food is piping hot before serving. Take care, hot after heating. Once cooked do not reheat.

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

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