



Product Information Sheet

Product Code 324806

Weight 595g

Product Type Large / Multi-Portion

Product Name Chocolate Chip Sponge

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	1586kj	1174kj
Energy (kcal)	380kcal	281kcal
Fat	22g	16g
Saturated	3.8g	2.8g
Monounsaturated	12g	9.2g
Polyunsaturated	5.1g	3.8g
Carbohydrate	39g	29g
of which sugars	21g	16g
Fibre	3.0g	2.2g
Protein	5.7g	4.2g
Sodium	359mg	266mg
Salt equivalent	0.90g	0.67g
Potassium	280mg	207mg

Ingredient Declaration

water, **wheat** flour (with calcium, iron, niacin, thiamin), sugar, rapeseed oil, chocolate (10%) [cocoa mass, sugar, cocoa butter, fat reduced cocoa powder, emulsifier (**soya** lecithin)], dried **egg** powder, fat reduced cocoa powder (3.5%), raising agents (diphosphates, sodium hydrogen carbonate), salt.

Warnings:

⚠ May contain milk.

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 off. Cook from frozen.

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

Product Code 328806**Weight** 230g**Product Type** Small / Twin**Product Name** Chocolate Chip Sponge**Nutrition (as consumed)**

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kJ)	1586kJ	1205kJ
Energy (kcal)	380kcal	289kcal
Fat	22g	17g
Saturated	3.8g	2.9g
Monounsaturated	12g	9.4g
Polyunsaturated	5.1g	3.9g
Carbohydrate	39g	29g
of which sugars	21g	16g
Fibre	3.0g	2.3g
Protein	5.7g	4.3g
Sodium	359mg	273mg
Salt equivalent	0.90g	0.68g
Potassium	280mg	213mg

Ingredient Declaration

water, **wheat** flour (with calcium, iron, niacin, thiamin), sugar, rapeseed oil, chocolate (10%) [cocoa mass, sugar, cocoa butter, fat reduced cocoa powder, emulsifier (**soya** lecithin)], dried **egg** powder, fat reduced cocoa powder (3.5%), raising agents (diphosphates, sodium hydrogen carbonate), salt.

Warnings:

⚠ May contain milk.

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 off. Cook from frozen.

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