



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).

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 328818

Weight 285g

Product Type Small / Twin

Product Name Jam Sponge

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).

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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