



Product Information Sheet

Product Code 217820

Weight 150g

Product Type Individual

Product Name Level 6 Lemon Sponge

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	746kj	1118kj
Energy (kcal)	177kcal	265kcal
Fat	4.8g	7.3g
Saturated	3.4g	5.1g
Monounsaturated	0.8g	1.3g
Polyunsaturated	0.2g	0.3g
Carbohydrate	31g	46g
of which sugars	22g	32g
Fibre	<0.5g	<0.5g
Protein	2.3g	3.5g
Sodium	68mg	102mg
Salt equivalent	0.17g	0.25g
Potassium	81mg	121mg

Ingredient Declaration

water, sugar, **wheat** flour (with calcium, iron, niacin, thiamin), cornflour, **milk** proteins, butter (**milk**), lemon juice from concentrate (2%), natural Sicilian lemon flavouring, lemon juice concentrate (1.2%), free range **egg** powder, dried **milk**, condensed skimmed **milk**, salt, acidity regulator (citric acid), natural lemon flavouring, raising agent (sodium hydrogen carbonate), colour (lutein).

Warnings:

- ⚠ May contain soya.
- ⚠ Prepared to meet level 6 for adults.

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 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. For oven cook, to soften sponge stir before serving.

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

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