



Product Information Sheet

Product Code 324805

Weight 775g

Product Type Large / Multi-Portion

Product Name Apple Sponge

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	1152kj	1106kj
Energy (kcal)	275kcal	264kcal
Fat	12g	12g
Saturated	1.2g	1.1g
Monounsaturated	7.4g	7.1g
Polyunsaturated	3.4g	3.2g
Carbohydrate	38g	37g
of which sugars	21g	20g
Fibre	0.9g	0.9g
Protein	2.2g	2.1g
Sodium	170mg	164mg
Salt equivalent	0.43g	0.41g
Potassium	87mg	83mg

Ingredient Declaration

water, Bramley apple (15%), **wheat** flour (with calcium, iron, niacin, thiamin), sugar, rapeseed oil, stabiliser blend [sucrose, **egg** powder, **wheat** starch, starch, raising agents (diphosphates, sodium hydrogen carbonate), emulsifier (mono- and diglycerides of fatty acids)], cornflour, natural flavouring.

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 from frozen. Lid off.

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

Product Code 328805

Weight 285g

Product Type Small / Twin

Product Name Apple Sponge

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kJ)	1153kJ	1095kJ
Energy (kcal)	275kcal	261kcal
Fat	12g	12g
Saturated	1.2g	1.1g
Monounsaturated	7.5g	7.1g
Polyunsaturated	3.4g	3.2g
Carbohydrate	38g	36g
of which sugars	21g	20g
Fibre	0.9g	0.9g
Protein	2.2g	2.1g
Sodium	170mg	162mg
Salt equivalent	0.43g	0.40g
Potassium	87mg	82mg

Ingredient Declaration

water, Bramley apple (15%), **wheat** flour (with calcium, iron, niacin, thiamin), sugar, rapeseed oil, stabiliser blend [sucrose, **egg** powder, **wheat** starch, starch, raising agents (diphosphates, sodium hydrogen carbonate), emulsifier (mono- and diglycerides of fatty acids)], cornflour, natural flavouring.

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)

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