



Product Information Sheet

Product Code 324801

Weight 1120g

Product Type Large / Multi-Portion

Product Name Apple Crumble

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	896kj	1255kj
Energy (kcal)	213kcal	299kcal
Fat	7.1g	10g
Saturated	2.4g	3.4g
Monounsaturated	2.9g	4.0g
Polyunsaturated	1.5g	2.0g
Carbohydrate	33g	47g
of which sugars	20g	27g
Fibre	1.8g	2.5g
Protein	2.9g	4.0g
Sodium	33mg	46mg
Salt equivalent	0.08g	0.12g
Potassium	139mg	194mg

Ingredient Declaration

Bramley apple (31%), water, sugar, **wheat** flour (with calcium, iron, niacin, thiamin), Bramley apple puree (6%), vegetable oils (palm, rapeseed), **oats** (5%), cornflour, cane molasses.

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 328801
Product Type Small / Twin
Product Name Apple Crumble

Weight 420g

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kJ)	887kJ	1242kJ
Energy (kcal)	211kcal	296kcal
Fat	7.0g	9.9g
Saturated	2.4g	3.3g
Monounsaturated	2.8g	4.0g
Polyunsaturated	1.4g	2.0g
Carbohydrate	33g	46g
of which sugars	20g	27g
Fibre	1.8g	2.5g
Protein	2.9g	4.0g
Sodium	33mg	46mg
Salt equivalent	0.08g	0.12g
Potassium	139mg	194mg

Ingredient Declaration

Bramley apple (32%), water, sugar, **wheat** flour (with calcium, iron, niacin, thiamin), Bramley apple puree (6%), vegetable oils (palm, rapeseed), **oats** (5%), cornflour, cane molasses.

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

Canal Road, Trowbridge, Wiltshire, BA14 8RJ U.K. Tel: 01225 753636 Fax: 01225 777084