



Product Information Sheet

Product Code 217161

Weight 170g

Product Type Individual

Product Name Level 4 Puréed Lemon Sponge with Lemon Sauce

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	766kj	1302kj
Energy (kcal)	182kcal	310kcal
Fat	7.5g	13g
Saturated	1.5g	2.5g
Monounsaturated	4.3g	7.3g
Polyunsaturated	1.5g	2.6g
Carbohydrate	26g	43g
of which sugars	18g	30g
Fibre	<0.5g	0.6g
Protein	3.0g	5.2g
Sodium	91mg	154mg
Salt equivalent	0.23g	0.39g
Potassium	172mg	293mg

Ingredient Declaration

water, sugar, vegetable oils (rapeseed, palm), **wheat** flour (with calcium carbonate, niacin, iron, thiamin), skimmed **milk** powder, stabiliser blend (sucrose, **egg** powder, **wheat** starch, starch, raising agents (diphosphates, sodium hydrogen carbonate), emulsifier (mono- and diglycerides of fatty acids)), modified starch, **milk** proteins, cornflour, natural Sicilian lemon flavouring, lemon juice from concentrate, dried **milk**, lemon juice concentrate, acidity regulator (citric acid), natural flavouring, colour (lutein).

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		Milk & milk derivatives		Gluten	
Soft		Mollusc	✓	Milk & milk derivatives	
Reduced Sugars		Mushroom	✓	Mollusc	
Low Sugars		Mustard	✓	Mushroom	
2 of 5 a Day		Nuts	✓	Mustard	
3 of 5 a Day		Onion	✓	Nuts	
Reducing		Peanuts	✓	Onion	
High Protein		Soya	✓	Peanuts	
Easy Chew		Tomato	✓	Soya	
Free From Milk		Yeast	✓	Sulphur dioxide/sulphites	
SourceFibre		Lupin	✓	>10mg/kg	✓
SourceOfProtein		Sesame	✓	Tomato	
				Yeast	

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. Microwave - cook on HALF POWER

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

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