



Product Information Sheet

Product Code 217821

Weight 150g

Product Type Individual

Product Name L6 Sticky Toffee Pudding & Custard

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	866kj	1298kj
Energy (kcal)	207kcal	311kcal
Fat	12g	17g
Saturated	4.0g	6.0g
Monounsaturated	4.8g	7.2g
Polyunsaturated	2.4g	3.5g
Carbohydrate	23g	35g
of which sugars	15g	22g
Fibre	0.6g	0.9g
Protein	1.8g	2.6g
Sodium	143mg	214mg
Salt equivalent	0.36g	0.53g
Potassium	71mg	107mg

Ingredient Declaration

water, sugar, **wheat** flour (with calcium, iron, niacin, thiamin), vegetable oils (rapeseed, sunflower), butter (**milk**) (4.5%), dark muscovado sugar, cream (**milk**) (3.5%), modified starch, cornflour, whey (**milk**) powder, palm fat, free range **egg** powder, invert sugar syrup, condensed skimmed **milk**, **milk** proteins, cane molasses, stabilisers (methyl cellulose, cellulose), glucose syrup, salt, natural flavouring (contains **milk**), raising agent (sodium hydrogen carbonate), colour (annatto norbixin).

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 >10mg/kg	✓
SourceFibre		Lupin	✓	Tomato	
SourceOfProtein		Sesame	✓	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. For oven cook, to soften sponge stir before serving. Microwave - cook on HALF power.

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

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