



Product Information Sheet

Product Code 324849

Weight 1200g

Product Type Large / Multi-Portion

Product Name Premium Christmas Pudding

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	1262kj	1893kj
Energy (kcal)	299kcal	449kcal
Fat	6.9g	10g
Saturated	3.7g	5.5g
Monounsaturated	2.3g	3.5g
Polyunsaturated	0.5g	0.8g
Carbohydrate	54g	81g
of which sugars	43g	65g
Fibre	3.3g	5.0g
Protein	3.9g	5.9g
Sodium	88mg	132mg
Salt equivalent	0.22g	0.33g
Potassium	532mg	797mg

Ingredient Declaration

raisins (20%), sultanas (18%), water, currants (10%), sugar, breadcrumbs (**wheat** flour (with calcium carbonate, niacin, iron, thiamin), water, yeast, salt, **soya** flour, preservative (calcium propionate), emulsifiers (mono- and diglycerides of fatty acids, mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids), flour treatment agent (ascorbic acid)), vegetable oils (palm, sunflower), apple (5%), **wheat** flour (with calcium carbonate, niacin, iron, thiamin), dried **egg** powder, glucose-fructose syrup, cherries (1.7%), orange juice concentrate, orange peel, ground mixed spice (cinnamon, coriander, dill, fennel, clove, ginger, nutmeg, cassia), caramelised sugar, lemon peel, raising agents (diphosphates, sodium hydrogen carbonate), cane molasses, acidity regulator (citric acid), apple concentrate, carrot concentrate, morello cherry concentrate, radish concentrate, sweet potato concentrate.

Warnings:

⚠ May contain cherry stones.

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 on. Always cook from frozen.

Product Code 328849**Weight**450g**Product Type** Small / Twin**Product Name** Premium Christmas Pudding**Nutrition (as consumed)**

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	1262kj	1893kj
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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	✓		

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