



Product Information Sheet

Product Code 324813

Weight 1120g

Product Type Large / Multi-Portion

Product Name Rhubarb Crumble

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	856kj	1198kj
Energy (kcal)	204kcal	285kcal
Fat	6.8g	9.6g
Saturated	2.4g	3.4g
Monounsaturated	2.8g	3.9g
Polyunsaturated	1.3g	1.8g
Carbohydrate	32g	44g
of which sugars	17g	23g
Fibre	1.9g	2.6g
Protein	3.0g	4.1g
Sodium	7mg	10mg
Salt equivalent	0.02g	0.03g
Potassium	107mg	150mg

Ingredient Declaration

rhubarb (44%), sugar, **wheat** flour (with calcium, iron, niacin, thiamin), water, vegetable oils (palm, rapeseed), **oats**, 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 328813**Weight** 420g**Product Type** Small / Twin**Product Name** Rhubarb Crumble**Nutrition (as consumed)**

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kJ)	846kJ	1185kJ
Energy (kcal)	201kcal	282kcal
Fat	6.7g	9.4g
Saturated	2.4g	3.3g
Monounsaturated	2.7g	3.8g
Polyunsaturated	1.2g	1.7g
Carbohydrate	31g	44g
of which sugars	17g	23g
Fibre	1.9g	2.6g
Protein	2.9g	4.1g
Sodium	7mg	10mg
Salt equivalent	0.02g	0.03g
Potassium	107mg	149mg

Ingredient Declaration

rhubarb (44%), sugar, **wheat** flour (with calcium, iron, niacin, thiamin), water, vegetable oils (palm, rapeseed), **oats**, 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.

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