



# Product Information Sheet

**Product Code** 324831

**Weight** 1120g

**Product Type** Large / Multi-Portion

**Product Name** Apricot Crumble

## Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	861kj	1205kj
Energy (kcal)	205kcal	287kcal
Fat	6.8g	9.5g
Saturated	2.4g	3.4g
Monounsaturated	2.8g	3.9g
Polyunsaturated	1.2g	1.7g
Carbohydrate	32g	45g
of which sugars	18g	25g
Fibre	1.6g	2.3g
Protein	2.8g	3.9g
Sodium	5mg	7mg
Salt equivalent	0.01g	0.02g
Potassium	162mg	226mg

## Ingredient Declaration

apricot (43%), sugar, **wheat** flour (with calcium, iron, niacin, thiamin), water, vegetable oils (palm, rapeseed), **oats**, modified starch, cane molasses.

## Warnings:

⚠ Product may contain whole or pieces of apricot 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 off. Cook from frozen.

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

**Product Code** 328831  
**Product Type** Small / Twin  
**Product Name** Apricot Crumble

**Weight** 420g

#### Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	851kj	1192kj
Energy (kcal)	203kcal	284kcal
Fat	6.7g	9.4g
Saturated	2.4g	3.3g
Monounsaturated	2.7g	3.8g
Polyunsaturated	1.2g	1.7g
Carbohydrate	32g	45g
of which sugars	18g	25g
Fibre	1.6g	2.3g
Protein	2.8g	3.9g
Sodium	5mg	7mg
Salt equivalent	0.01g	0.02g
Potassium	162mg	227mg

#### Ingredient Declaration

apricot (44%), sugar, **wheat** flour (with calcium, iron, niacin, thiamin), water, vegetable oils (palm, rapeseed), **oats**, modified starch, cane molasses.

#### Warnings:

⚠ Product may contain whole or pieces of apricot 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 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