



Product Information Sheet

Product Code 217824

Weight 150g

Product Type Individual

Product Name Level 6 Bakewell Sponge

Nutrition (as consumed)

| | Quantity Units (per 100g) | Quantity Units (per portion) |
|-----------------|---------------------------|------------------------------|
| Energy (kj) | 1022kj | 1533kj |
| Energy (kcal) | 243kcal | 364kcal |
| Fat | 8.4g | 13g |
| Saturated | 4.1g | 6.2g |
| Monounsaturated | 2.8g | 4.2g |
| Polyunsaturated | 0.8g | 1.2g |
| Carbohydrate | 37g | 56g |
| of which sugars | 25g | 37g |
| Fibre | 0.5g | 0.8g |
| Protein | 4.5g | 6.8g |
| Sodium | 141mg | 211mg |
| Salt equivalent | 0.35g | 0.53g |
| Potassium | 163mg | 245mg |

Ingredient Declaration

water, sugar, **wheat** flour (with calcium carbonate, niacin, iron, thiamin), skimmed **milk** powder, vegetable oils (palm, rapeseed), butter (**milk**), blackberry puree (1.5%), strawberry puree (1.5%), free range **egg** powder, dried **egg** powder, modified starch, blackcurrant puree (0.8%), cherry puree (0.8%), condensed skimmed **milk**, cornflour, **milk** proteins, glucose-fructose syrup, raising agents (diphosphates, sodium hydrogen carbonate), natural flavourings, salt, elderberry concentrate, thickener (carrageenan), acidity regulator (citric acid).

| 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. Stir before serving.

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

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