

# **Product Information Sheet**

Product Code 324801

Weight 1120g

**Product Type** Large / Multi-Portion

**Product Name** Apple Crumble

### Nutrition (as consumed)

|                 | Quantity Units (per 100g) | Quantity Units (per portion) |
|-----------------|---------------------------|------------------------------|
| Energy (kJ)     | 896kJ                     | 1255kJ                       |
| Energy (kcal)   | 213kcal                   | 299kcal                      |
| Fat             | 7.1g                      | 10g                          |
| Saturated       | 2.4g                      | 3.4g                         |
| Monounsaturated | 2.9g                      | 4.0g                         |
| Polyunsaturated | 1.5g                      | 2.0g                         |
| Carbohydrate    | 33g                       | 47g                          |
| of which sugars | 20g                       | 27g                          |
| Fibre           | 1.8g                      | 2.5g                         |
| Protein         | 2.9g                      | 4.0g                         |
| Sodium          | 33mg                      | 46mg                         |
| Salt equivalent | 0.08g                     | 0.12g                        |
| Potassium       | 139mg                     | 194mg                        |

### **Ingredient Declaration**

Bramley apple (31%), water, sugar, **wheat** flour (with calcium, iron, niacin, thiamin), Bramley apple puree (6%), vegetable oils (palm, rapeseed), **oats** (5%), cornflour, cane molasses.

| 1 of 5 a DayAlcoholAlcoholEnergy DenseBeefBeefGluten FreeCeleryCeleryLow FatCheeseCheeseLow SaltCrustaceanEgg & Egg DerivativesVegetarianEgg & Egg DerivativesFishFatGarlicGarlicHealthier ChoiceLupinMilk & milk derivativesVeganMilk & MilkMolluscSoftDerivativesMolluscReduced SugarsMolluscMushroomLow SugarsMushroomMustard2 of 5 a DayMustardOnionReducingNutsPeanutsHigh ProteinOnionSoyaEasy ChewSesameSulphur dioxide/sulphitesFree From MilkSesameJong/kg  |  |
|--|--|
| Gluten Free  Celery  Cheese  Coheese  Coustacean  Egg & egg derivatives  Fish  Garlic  Healthier Choice  Vegan  Soft  Reduced Sugars  Low Sugars  And Mustard  Mustard  Nuts  Onion  Peanuts  Soya  Sulphur dioxide/sulphites  \$10mg/kg   |  |
| Low Fat  Cheese  Coustacean  Vegetarian  Low Saturated Fat  Healthier Choice  Vegan  Soft  Reduced Sugars  Low Sugars  2 of 5 a Day  Reducing  High Protein  Easy Chew  Crustacean  Egg & Egg Derivatives  Fish  Garlic  Gluten  Milk & Milk  Derivatives  Mollusc  Mushroom  Mustard  Nuts  Onion  Peanut  Sosame  Sosame  Cheese  Crustacean  Egg & egg derivatives  Fish  Garlic  Gluten  Milk & milk derivatives  Mollusc  Mushroom  Mustard  Nuts  Onion  Peanuts  Soya  Sulphur dioxide/sulphites  |  |
| Low Salt  Vegetarian  Low Saturated Fat  Healthier Choice  Vegan  Soft  Reduced Sugars  Low Sugars  Low Sugars  2 of 5 a Day  Reducing  High Protein  Egg & Egg Derivatives  Crustacean  Egg & egg derivatives  Fish  Garlic  Gluten  Milk & milk derivatives  Mollusc  Mushroom  Mustard  Nuts  Onion  Peanut  Sosame  Sosame  Sosame  Vegetarian  Egg & egg derivatives  Fish  Garlic  Gluten  Milk & milk derivatives  Mushroom  Mustard  Nuts  Onion  Peanuts  Soya  Sulphur dioxide/sulphites   |  |
| Vegetarian  Vegetarian  Low Saturated Fat  Healthier Choice  Vegan  Soft  Reduced Sugars  Low Sugars  Low Sugars  2 of 5 a Day  Reducing  High Protein  Egg & Egg Derivatives  Egg & egg derivatives  Fish  Garlic  Gluten  Milk & Milk  Derivatives  Mollusc  Mushroom  Mustard  Nuts  Onion  Peanut  Soya  Sulphur dioxide/sulphites  10 mg//g   |  |
| Low Saturated Fat  Healthier Choice  Vegan  Soft  Reduced Sugars  Low Sugars  Low Sugars  2 of 5 a Day  Reducing  High Protein  Easy Chew  Fish  Garlic  Gluten  Milk & milk derivatives  Mollusc  Mushroom  Mustard  Nuts  Onion  Peanut  Soya  Sulphur dioxide/sulphites   |  |
| Low Saturated Fat  Garlic  Healthier Choice  Vegan  Soft  Reduced Sugars  Low Sugars  Low Sugars  2 of 5 a Day  Reducing  High Protein  Easy Chew  Fish  Garlic  Gluten  Milk & milk derivatives  Mollusc  Mushroom  Mustard  Nuts  Onion  Peanut  Sosame  Sosame  Sulphur dioxide/sulphites   | $oxed{oxed}$                                 |
| Fat Healthier Choice  Vegan  Soft Reduced Sugars Low Sugars  2 of 5 a Day Reducing High Protein  Easy Chew  Garlic  Gluten  Milk & Milk Derivatives  Mollusc  Mushroom Mushroom Mustard  Nuts Onion  Soya  Sulphur dioxide/sulphites  Sosame  Allow Garlic  Gluten  Milk & milk derivatives  Mushroom Mushroom Mushroom  Mustard  Onion  Soya  Sulphur dioxide/sulphites   |  |
| Healthier Choice  Vegan  Soft  Reduced Sugars  Low Sugars  Low Sugars  2 of 5 a Day  Reducing  High Protein  Easy Chew  Lupin  Milk & Milk Derivatives  Mollusc  Mushroom  Mustard  Mustard  Nuts  Onion  Peanut  Sosamo  Sulphur dioxide/sulphites  | $oxed{oxed}$                                 |
| Vegan  Soft  Reduced Sugars  Low Sugars  2 of 5 a Day  3 of 5 a Day  Reducing  High Protein  Easy Chew  Milk & Milk Derivatives  Mollusc  Mushroom  Mushroom  Mustard  Nuts  Onion  Peanut  Soya  Sulphur dioxide/sulphites  | _  |
| Soft Reduced Sugars Low Sugars 2 of 5 a Day 3 of 5 a Day Reducing High Protein Easy Chew  Derivatives  Mollusc Mushroom Mustard Nuts Onion Peanut Soya  Sulphur dioxide/sulphites  > 10mg/kg   | _  |
| Reduced Sugars  Low Sugars  2 of 5 a Day  3 of 5 a Day  Reducing  High Protein  Easy Chew  Mushroom  Mustard  Mustard  Onion  Peanut  Soya  Sulphur dioxide/sulphites  >10mg/kg  | $oxed{oxed}$                                 |
| Low Sugars  2 of 5 a Day  3 of 5 a Day  Reducing  High Protein  Easy Chew  Mushroom  Mustard  Onion  Peanuts  Soya  Peanut  Sulphur dioxide/sulphites  >10mg/kg  | <u> </u>                                     |
| 2 of 5 a Day  Mustard  Onion  Reducing  High Protein  Easy Chew  Nuts  Onion  Peanuts  Soya  Peanut  Sulphur dioxide/sulphites   | <u> </u>                                     |
| Reducing  High Protein  Easy Chew  Nuts  Onion  Peanuts  Soya  Sulphur dioxide/sulphites  >10mg/kg   | <u> </u>                                     |
| Reducing  High Protein  Easy Chew  Onion  Soya  Sulphur dioxide/sulphites  >10mg/kg  | <u> </u>                                     |
| High Protein  Easy Chew  Peanut  Sosamo  Solphur dioxide/sulphites  \$10mg/kg  | <u> </u>                                     |
| Easy Cnew Sosamo | Щ  |
| Free From Milk   Sesame   /  >10mg/kg  |  |
|  | <u>                                     </u> |
| SourceFibre Soya / Tomato  | ₩  |
| SourceOfProtein Tomato Yeast   | <u> </u>                                     |
| 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 328801
Product Type Small / Twin
Product Name Apple Crumble

Weight 420g

## Nutrition (as consumed)

|                 | Quantity Units (per 100g) | Quantity Units (per portion) |
|-----------------|---------------------------|------------------------------|
| Energy (kJ)     | 887kJ                     | 1242kJ                       |
| Energy (kcal)   | 211kcal                   | 296kcal                      |
| Fat             | 7.0g                      | 9.9g                         |
| Saturated       | 2.4g                      | 3.3g                         |
| Monounsaturated | 2.8g                      | 4.0g                         |
| Polyunsaturated | 1.4g                      | 2.0g                         |
| Carbohydrate    | 33g                       | 46g                          |
| of which sugars | 20g                       | 27g                          |
| Fibre           | 1.8g                      | 2.5g                         |
| Protein         | 2.9g                      | 4.0g                         |
| Sodium          | 33mg                      | 46mg                         |
| Salt equivalent | 0.08g                     | 0.12g                        |
| Potassium       | 139mg                     | 194mg                        |

#### **Ingredient Declaration**

Bramley apple (32%), water, sugar, **wheat** flour (with calcium, iron, niacin, thiamin), Bramley apple puree (6%), vegetable oils (palm, rapeseed), **oats** (5%), 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    |   | Fish                  | 1/   | Fish                      |  |
| Fat              |   | - Garlic              | \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \            | Garlic                    |  |
| Healthier Choice |   | Lupin                 | _  | Gluten                    |  |
| Vegan            | / | - Milk & Milk         |  | Milk & milk derivatives   |  |
| Soft             |   | Derivatives           | /  | Mollusc                   |  |
| Reduced Sugars   |   | Mollusc               |  | Mushroom                  |  |
| Low Sugars       |   | Mushroom              | _ /  | Mustard                   |  |
| 2 of 5 a Day     |   | Mustard               |  | Nuts                      |  |
| 3 of 5 a Day     |   |                       | \ <u>\</u>                                       | Onion                     |  |
| Reducing         |   | Nuts                  | \ <u>\</u>                                       | Peanuts                   |  |
| High Protein     |   | Onion                 | /  | Soya                      |  |
| Easy Chew        | / | Peanut                | /  | Sulphur dioxide/sulphites |  |
| Free From Milk   |   | Sesame                | //   | >10mg/kg                  |  |
| SourceFibre      |   | Soya                  | /  | Tomato                    |  |
| SourceOfProtein  |   | Tomato                | /  | Yeast                     |  |
|                  |   | Yeast                 | /  |                           |  |
|                  |   | Almond                | /  |                           |  |
|                  |   | Brazil                | /  |                           |  |
|                  |   | Cashew                | /  |                           |  |
|                  |   | Hazlenut              | /  |                           |  |
|                  |   | Macadamia             |  |                           |  |
|                  |   | Pecan                 |  |                           |  |
|                  |   | Pistachio             | \ \ /  |                           |  |
|                  |   | Queensland            | /  |                           |  |
|                  |   | Walnut                | /  |                           |  |
|                  |   | Wheat                 |  |                           |  |
|                  |   | Rye                   |  |                           |  |
|                  |   |                       | \ <u>\</u>                                       |                           |  |
|                  |   | Barley                | <del>                                     </del> |                           |  |
|                  |   | 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