my apetito

Product Information Sheet

Weight 94g

Product Code 292126

Product Type Individual

Product Name Strawberry Cheesecake

Nutrition (as consumed)

apetito

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kJ)	938kJ	882kJ
Energy (kcal)	223kcal	210kcal
Fat	7.1g	6.7g
Saturated	4.9g	4.6g
Monounsaturated	1.5g	1.4g
Polyunsaturated	0.7g	0.7g
Carbohydrate	35g	33g
of which sugars	27g	26g
Fibre	1.8g	1.7g
Protein	3.6g	3.4g
Sodium	125mg	118mg
Salt equivalent	0.31g	0.29g
Potassium	179mg	168mg

Ingredient Declaration

skimmed **milk**, strawberry (19%), invert sugar syrup, **wheat** flour, glucose-fructose syrup, sugar, water, brown crystallised sugar, coconut fat, whey (**milk**) proteins, vegetable fats and oils (palm, rapeseed), glucose syrup, raw cane sugar, cornflour, gelling agents (pectin, sodium alginate), yoghurt (**milk**) powder, raising agent (sodium hydrogen carbonate), **soya** flour, chicory root fibre, emulsifier (lactic acid esters of mono- and diglycerides of fatty acids), lemon juice from concentrate, cheese (**milk**) powder, natural strawberry flavouring, natural flavouring, cinnamon, nutmeg, colour (carrot concentrate).

Allergy Advice: For allergens see ingredients in **bold**.

May contain nuts.

Warnings:

▲ May contain nuts.

18/01/2024, 10:47

my apetito

8/01/2024, 10.47				my apello	
Diet Coding		Made Without		Free From	
1 of 5 a Day		Alcohol	\checkmark	Alcohol	
Energy Dense		Beef	\checkmark	Beef	
Gluten Free		Celery	\checkmark	Celery	
Low Fat		Cheese		Cheese	
Low Salt		Crustacean	\checkmark	Crustacean	
Vegetarian	\checkmark	Egg & Egg Derivatives		Egg & egg derivatives	
Low Saturated		Fish		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				Onion	
Reducing		Nuts		Peanuts	
High Protein		Onion	\checkmark	Soya	
Easy Chew		Peanut		Sulphur dioxide/sulphites	
Free From Milk		Sesame	\checkmark	>10mg/kg	
SourceFibre		Soya		Tomato	
SourceOfProtein		Tomato	\checkmark	Yeast	
		Yeast	\checkmark		
		Almond	\checkmark		
		Brazil	\checkmark		
		Cashew	\checkmark		
		Hazlenut	\checkmark		
		Macadamia			
		Pecan	×		
		Pistachio			
		Queensland			
		Walnut			
		Wheat			
			/		
		Rye			
		Barley			
		Oats]	

Cooking Guidelines (all ovens may vary)

Leave in packaging and defrost for 3 hours in a refrigerator at 5oC. Once defrosted keep refrigerated and consume within 48 hours.

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

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