



# Product Information Sheet

Product Code 324811

Product Type Large / Multi-Portion

Product Name Syrup Sponge

Weight775g

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	1539kj	1478kj
Energy (kcal)	366kcal	351kcal
Fat	12g	12g
Saturated	1.2g	1.2g
Monounsaturated	7.4g	7.1g
Polyunsaturated	3.3g	3.2g
Carbohydrate	61g	59g
of which sugars	48g	46g
Fibre	0.6g	0.5g
Protein	2.1g	2.1g
Sodium	191mg	183mg
Salt equivalent	0.48g	0.46g
Potassium	125mg	120mg

Ingredient Declaration

partially inverted sugar syrup (39%), water, **wheat** flour (with calcium, iron, niacin, thiamin), rapeseed oil, sugar, stabiliser blend [sucrose, **egg** powder, **wheat** starch, starch, raising agents (diphosphates, sodium hydrogen carbonate), emulsifier (mono- and diglycerides of fatty acids)], natural flavouring.

Warnings:

⚠ May contain milk.

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 from frozen. Lid off.

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

Product Code 328811

Product Type Small / Twin

Product NameSyrup Sponge

Weight285g

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kJ)	1530kJ	1453kJ
Energy (kcal)	363kcal	345kcal
Fat	11g	10g
Saturated	1.1g	1.0g
Monounsaturated	6.6g	6.3g
Polyunsaturated	3.0g	2.8g
Carbohydrate	64g	61g
of which sugars	52g	50g
Fibre	0.5g	<0.5g
Protein	1.9g	1.8g
Sodium	186mg	177mg
Salt equivalent	0.47g	0.44g
Potassium	138mg	131mg

Ingredient Declaration

partially inverted sugar syrup (46%), water, **wheat** flour (with calcium, iron, niacin, thiamin), rapeseed oil, sugar, stabiliser blend [sucrose, **egg** powder, **wheat** starch, starch, raising agents (diphosphates, sodium hydrogen carbonate), emulsifier (mono- and diglycerides of fatty acids)], natural flavouring.

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	✓		

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