



# Product Information Sheet

Product Code

324851

Product Type

Large / Multi-Portion

Product Name

Pineapple Sponge

Weight

775g

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	1209kj	1161kj
Energy (kcal)	288kcal	276kcal
Fat	11g	11g
Saturated	1.0g	1.0g
Monounsaturated	6.5g	6.2g
Polyunsaturated	2.9g	2.8g
Carbohydrate	45g	43g
of which sugars	32g	31g
Fibre	0.6g	0.6g
Protein	2.2g	2.1g
Sodium	115mg	110mg
Salt equivalent	0.29g	0.28g
Potassium	72mg	69mg

Ingredient Declaration

water, sugar, **wheat** flour (with calcium, iron, niacin, thiamin), rapeseed oil, stabiliser blend [sucrose, **egg** powder, **wheat** starch, starch, raising agents (diphosphates, sodium hydrogen carbonate), emulsifier (mono- and diglycerides of fatty acids)], pineapple (7%), pineapple juice concentrate (3.5%), cornflour, acidity regulator (citric acid), natural flavouring, colour (lutein).

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 328851

Product Type Small / Twin

Product Name Pineapple Sponge

Weight 285g

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kJ)	1216kJ	1155kJ
Energy (kcal)	289kcal	275kcal
Fat	11g	11g
Saturated	1.0g	1.0g
Monounsaturated	6.6g	6.3g
Polyunsaturated	3.0g	2.8g
Carbohydrate	45g	42g
of which sugars	32g	31g
Fibre	0.6g	0.6g
Protein	2.2g	2.1g
Sodium	116mg	111mg
Salt equivalent	0.29g	0.28g
Potassium	72mg	68mg

Ingredient Declaration

water, sugar, **wheat** flour (with calcium, iron, niacin, thiamin), rapeseed oil, stabiliser blend [sucrose, **egg** powder, **wheat** starch, starch, raising agents (diphosphates, sodium hydrogen carbonate), emulsifier (mono- and diglycerides of fatty acids)], pineapple (7%), pineapple juice concentrate (3.5%), cornflour, acidity regulator (citric acid), natural flavouring, colour (lutein).

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**

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