

Nutrition

	per 100g	per 92g
Energy	1110kJ/643kcal	1021kJ/591kcal
Fat	16g	15g
of which Saturates	44g	41g
Carbohydrate	41g	37g
of which Sugars	18g	16g
Protein	4.0g	3.7g
Salt	0g	0g

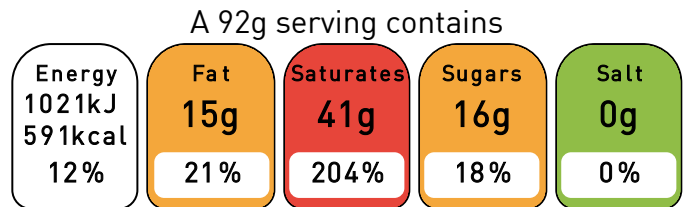
Ingredient Declaration

Wheat Flour, Sugar, White Flour (With Added Calcium Carbonate, Iron, Niacin And Thiamin) [Wheat, Rye, Barley, Oats, Spelt], Vegetable Oils (Palm, Rapeseed), Vegetable Oil, Apple, Water, Sultanas, Sugar, Egg, Icing Sugar, Milk, Rice Flour, Raising Agents, Mixed Peel, Acidity Regulator, Mixed Spice, Malt Extractor, Salt, Hydrogenated Vegetable Suet, Salt, Lemon Oil, Emulsifier (E475), Colours (E100, E160b), Flavouring

Allergens

- Contains Gluten !
- Contains Wheat !
- Contains Rye !
- Contains Barley !
- Contains Oats !
- Contains Spelt !
- Contains Eggs !

Front of Pack



of an adult's reference intake

Typical values per 100g: 1110kJ/643kcal

Energy Contributions

EU Reference Intakes

Per 100g		RI Quantity	% RI
Energy	kJ	8400	1110 13%
Total Fat	g	70.0	16.1 23%
Saturates	g	20.0	44.4 222%
Carbohydrate	g	260.0	40.7 16%
Sugars	g	90.0	17.6 20%
Protein	g	50.0	4.0 8%
Salt	g	6.0	0 0%