203481 - PPk Mince Pies (300g)

Nutrition

	per 100g
Energy	1532kJ/366kcal
Fat	13g
of which Saturates	4.6g
Carbohydrate	56g
of which Sugars	32g
Fibre	1.2g
Protein	5.0g
Salt	0.32g

Ingredient Declaration

WHEAT Flour, Mince Mix (29%) (Granulated Sugar, Sultanas, Acetic Bramley Apple Pulp (Bramley Apple Pulp, Preservative: Acetic Acid), Currants, Glucose Syrup, Glace Mixed Peel (Orange Peel, Preservatives: Glucose Fructose Syrup, Sugar, Potassium Sorbate, Sulphur Dioxide; Lemon Peel, Acidity Regulator: Citric Acid), Shredded Non-Hydrogenated Vegetable Suet (Palm Oil, Sunflower Oil, Rise Flour), Modified Starch, Water, Mixed Spice (Coriander, Cinnamon, Ginger, Caraway, Nutmeg, Clove, Sunflower Oil), Raisins, Color: Plain Caramel; Orange Oil), Margarine (Vegetable Fats And Oils (80%) (Fats (Palm) Oils (Sunflower), Water, Emulsifiers (E471, E322 Sunflower Lecithin), Preservative (E202), Acidity Regulator (E330), Flavorings, Color (Beta-Carotene)), Sugar, EGG Whole (Potassium Sorbate E202, Citric Acid E330, Emulsifying Agent E471), Baking Powder (Corn Starch, Sodium Bicarbonate (E500ii), Sodium Acid Pyrophosphate (E450a)) (WHEAT)

Allergens

Contains Gluten !
Contains Wheat !
Contains Eggs !
Suitable for Vegetarians

Front of Pack

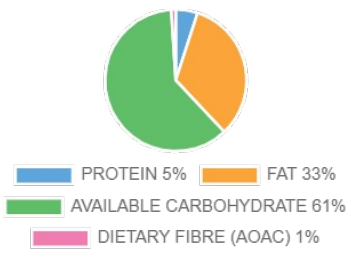
A 100g serving contains

Energy	Fat	Saturates	Sugars	Salt
1532kJ 366kcal 18%	13g 19%	4.6g 23%	32g 36%	0.32g 5%

of an adult's reference intake

Typical values per 100g: 1532kJ/366kcal

Energy Contributions



EU Reference Intakes

Per 100g		RI Quantity		% RI
Energy	kJ	8400	1532	18%
Total Fat	g	70.0	13.3	19%
Saturates	g	20.0	4.6	23%
Carbohydrate	g	260.0	56.1	22%
Sugars	g	90.0	32.3	36%
Protein	g	50.0	5.0	10%
Salt	g	6.0	0.32	5%