203570 - PPk Rock Cakes (225g)

Nutrition

	per 100g
Energy	1532kJ/364kcal
Fat	12g
of which Saturates	4.2g
Carbohydrate	56g
of which Sugars	27g
Fibre	1.4g
Protein	6.3g
Salt	0.71g

Ingredient Declaration

WHEAT Flour, Sugar, 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]), Sultana, EGG White (Xanthan Gum E415, Triethyl Citrate E1505), Baking Powder (Corn Starch, Sodium Bicarbonate (E500ii), Sodium Acid Pyrophosphate (E450a)) [WHEAT], Lemon Flavoring (Natural Flavoring), Vanilla Flavoring Hg551, R003 K20 (Flavoring, Natural Flavoring, Propylene Glycol E1520, Triacetin E1518)

Allergens

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

Front of Pack

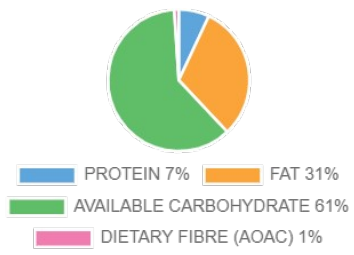
A 100g serving contains

Energy	Fat	Saturates	Sugars	Salt
1532kJ 364kcal 18%	12g 18%	4.2g 21%	27g 30%	0.71g 12%

of an adult's reference intake

Typical values per 100g: 1532kJ/364kcal

Energy Contributions



EU Reference Intakes

Per 100g		RI Quantity		% RI
Energy	kJ	8400	1532	18%
Total Fat	g	70.0	12.5	18%
Saturates	g	20.0	4.2	21%
Carbohydrate	g	260.0	56.0	22%
Sugars	g	90.0	26.7	30%
Protein	g	50.0	6.3	13%
Salt	g	6.0	0.71	12%