CALBOURNE CLASSICS
EST° 1989

SUNSHINE FRUIT CAKE

Nutritional & Allergen Information



FRUIT CAKES

DESCRIPTION

A traditional light fruit cake with pineapple and apricots - award winner!

INGREDIENTS & ALLERGENS

Flour (**Wheat** Flour, Calcium, Iron, Niacin, Thiamin, Raising Agent: E500, E431i), Spread (Vegetable Oil, Water, Salt, Preservative: Potassium Sorbate; Citric Acid, Emulsifier: Mono- And Diglycerides Of Fatty Acid; Flavourings, Vitamins A & D), **Egg**, Sugar, Sultanas (Sultanas, Sunflower Oil, **Sulphites**), Raisins (Raisins, Sunflower Oil), Currants (Currants, Sunflower Oil), Pineapple (Pineapple, Pineapple Juice, Acidity Regulator: Citric Acid, Dried Apricot (Apricot, Preservative: **Sulphur** Dioxide).

Allergen Advice: For allergens, including cereals containing gluten, see ingredients in **BOLD.**

NUTRITIONAL INFORMATION

Typical values	per 100g	per 134g serving
Energy	1136kJ	1524kJ
	271kcal	363kcal
Fat	14g	18g
of which saturates	3.5g	4.7g
Carbohydrate	33g	45g
of which sugars	16g	22g
Protein	4.4g	5.9g
Salt	0.33g	0.45g

STORAGE INSTRUCTIONS

Once defrosted, use within 14 days.

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