

Recipe Name	Typical values per	Energy (kJ)	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Cinnamon Xmas Pudding per 100g	100g	1465	351	20	6.6	35	26	3.8	4.9	0.24
Cinnamon Xmas Pudding Per Serving	217g serv	3180	762	43	14.0	76	57	8.2	11.0	0.52
Cinnamon Xmas Pudding 2lbs	2lbs pack	#####	5338	300	#####	530	402	58.0	75.0	3.6
Cinnamon Xmas Pudding 1lbs	1lbs pack	#####	2668	150	50.0	265	201	29.0	37.0	1.8

Recipe Name	Gluten	Oats	Wheat	Barley	Rye	Peanuts	Trees	Hazelnuts	Almonds	Cashews	Walnuts	Pecans	Pine nuts	Mustard	Eggs	Milk	Seam	Fish	Crustaceans	Soya
Cinnamon Xmas Pudding per 100g	2		2				2	2	2	2	2	2	2	1	2	2	1			1
Cinnamon Xmas Pudding Per Serving	2		2				2	2	2	2	2	2	2	1	2	2	1			1
Cinnamon Xmas Pudding 2lbs	2		2				2	2	2	2	2	2	2	1	2	2	1			1
Cinnamon Xmas Pudding 1lbs	2		2				2	2	2	2	2	2	2	1	2	2	1			1

ergens 0=free from, 1=May contain,2=Conta