

Mr Kipling Lemon Sponge Puddings - Information

Ingredients

Lemon Sauce (Sugar, Water, Glucose Syrup, Vegetable Margarine (Vegetable Oils (Palm, Rapeseed), Water, Salt), Concentrated Lemon Juice (contains Preservative (Sodium Metabisulphite (Sulphites))), Maize Starch, Dried Egg, Preservative (Potassium Sorbate), Acidity Regulator (Sodium Citrates), Stabiliser (Xanthan Gum), Flavouring, Acid (Acetic Acid), Colour (Lutein)), Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Vegetable Oils (Palm, Rapeseed), Water, Sugar, Humectant (Vegetable Glycerine), Dried Egg, Whey Powder (Milk), Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Emulsifier (Mono- and Diglycerides of Fatty Acids), Concentrated Lemon Juice (contains Preservative (Sodium Metabisulphite (Sulphites))), Flavouring.

Allergens

Sulphites, Eggs, Gluten, Milk

TFS Product Code: 030937
Suppliers Product Code:
Information Last Updated: 25/07/2025
Date Produced: 19/06/2026



Allergy Information

Key: Contains May Contain



Sesame



Gluten



Crustaceans



Eggs



Lupin



Nuts



Milk



Celery



Sulphur Dioxide



Soya



Cereal



Peanuts



Fish



Molluscs



Mustard

Nutritional Information

Serving Unit:	100g or 100ml
Energy (kcal)	380.00
Energy (kJ)	1593.00
Protein (g)	2.90
Carb (g)	53.70
Of Which Sugars (g)	35.40
Fat (g)	16.90
Of Which Saturates (g)	5.80
Fibre (g)	0.70
Salt (g)	0.42

Dietary Information

Key: Suitable for



Kosher



Vegetarian



Halal



Vegan

Please Note: This information has been supplied by manufacturers and other third parties to Thompsons Food Service Ltd. Whilst we take steps to ensure the information is correct and regularly updated, we give no warranty and no guarantee to the accuracy of this information. Product information and ingredients may change; please always read product labels carefully in addition to this document for accuracy. Please also consider changes to ingredients when products have been substituted.

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Handling Information

Directions for Use

HEATING INSTRUCTIONS ! This product is not suitable for heating in a conventional oven.
MICROWAVE (BASED ON 800W (E) OVEN) 1) Heat each pudding individually. 2) Remove seal, ensuring all film is removed. 3) Place the pudding upside down on a small microwaveable plate and heat on full power for 30 seconds. We advise not to leave microwave unattended. 4) Remove from the microwave gently and lift the pot away immediately to allow the sauce to flow properly. ! Caution: pot and contents will be very hot so we advise you use oven gloves or similar. 5) Leave to stand for 1 minute before consuming. 6) Do not reheat. Microwave ovens may vary in performance. The above is given as a guide only. Adjust times for other microwave ratings.

Storage Instructions

Best stored in a cool, dry place

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