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Chef Approved Spotted Dick Sponge Pudding - Information

Lightly Spiced Pudding Sponge, enriched with juicy Raisins. 12 Individual Puddings.

TFS Product Code: 032340
Suppliers Product Code: F48070 (39351)
Information Last Updated: 04/11/2025
Date Produced: 11/11/2026



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)	291.00
Energy (kJ)	1227.00
Protein (g)	3.50
Carb (g)	48.60
Of Which Sugars (g)	25.70
Fat (g)	9.20
Of Which Saturates (g)	3.50
Fibre (g)	1.50
Salt (g)	0.90

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.

Registered Office: Nelsons Yard, South Denes Road, Great Yarmouth, NR30 3PR, England
Company No: 07107278 VAT No: GB 986 0801 93 Directors: E. Thompson, R. Thompson, T. Thompson

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Ingredients

Wheat Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, Sugar, Raisins (10.5%) (Raisins, Sunflower Oil), Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier: Mono- And Diglycerides Of Fatty Acids), Suet (Palm Oil, Wheat Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Sunflower Oil), Whole EGG, Whey Powder (MILK), Raising Agents: Disodium Diphosphate, Sodium Bicarbonate; Mixed Spice (Coriander, Cinnamon, Ginger, Nutmeg, Fennel, Cloves, Cardamom), WHEAT Flour, Sunflower Oil, Skimmed MILK Powder, Emulsifiers: Mono- And Diglycerides Of Fatty Acids, Polyglycerol Esters Of Fatty Acids; Modified Potato Starch, Stabilisers: Xanthan Gum, Guar Gum; Natural Flavouring, Dextrose

Handling Information

Directions for Use

COOKING INSTRUCTIONS: Re-heat from frozen. Remove film. Place container in microwave. Heat on FULL power. 800W for approximately 1 minute 30 seconds, 1100W - 1 minute, 1800W - 35-40 seconds. Allow to stand for 1 minute. Cover container with pudding dish, turn out to serve, scooping out any remaining sauce. WARNING: HOT STEAM WHEN RE-HEATED.

Storage Instructions

DO NOT REFREEZE ONCE DEFROSTED. STORE AT -18°C OR COLDER.

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