

## Mr Kipling Golden Syrup Sponge Puddings - Information

Individual hot eating pudding comprising of a light sponge covered in golden syrup.

**TFS Product Code:** 030935  
**Suppliers Product Code:**  
**Information Last Updated:** 17/12/2024  
**Date Produced:** 23/07/2025



### 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)	366.00
Energy (kJ)	1534.00
Protein (g)	2.70
Carb (g)	54.80
Of Which Sugars (g)	37.40
Fat (g)	14.90
Of Which Saturates (g)	5.20
Fibre (g)	0.70
Salt (g)	0.48

### 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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## Ingredients

Golden Syrup Sauce (Golden Syrup (Partially Inverted Refiners Syrup), Water, Maize Starch, Dark Muscovado Sugar, Preservative (Potassium Sorbate), Stabiliser (Xanthan Gum)), **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), Flavouring, Colour (Curcumin).

## 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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