

## Chef Approved Syrup Sponge Pudding - Information

Moist golden Pudding Sponge, topped with a rich and sticky Syrup Sauce. 12 Individual Puddings.

**TFS Product Code:** 032339  
**Suppliers Product Code:**  
**Information Last Updated:** 04/11/2025  
**Date Produced:** 01/07/2026



### Allergy Information

Key: **Contains** **May Contain**



### Nutritional Information

Serving Unit:	100g or 100ml
Energy (kcal)	346.00
Energy (kJ)	1457.00
Protein (g)	3.20
Carb (g)	61.20
Of Which Sugars (g)	48.60
Fat (g)	9.80
Of Which Saturates (g)	2.90
Fibre (g)	0.50
Salt (g)	0.60

### Dietary Information

Key: **Suitable for**



**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.

# Chef Approved Syrup Sponge Pudding - Information

**TFS Product Code:** 032339  
**Suppliers Product Code:**  
**Information Last Updated:** 04/11/2025  
**Date Produced:** 01/07/2026



## Ingredients

Invert Sugar Syrup (36.5%), Sugar, Wheat Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Whole EGG, Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier: Mono- And Diglycerides Of Fatty Acids), Water, Rapeseed Oil, Raising Agents: Disodium Diphosphate, Sodium Bicarbonate; Modified Maize Starch, Molasses, Natural Flavouring, WHEAT Flour, Stabiliser: Xanthan Gum; Colour: Carotenes

## 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 & TOPPING WHEN RE-HEATED.**

### Storage Instructions

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

**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.