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Free & Easy Chocolate Sponge Mix Gluten Free - Information

TFS Product Code: 030951
Suppliers Product Code:
Information Last Updated: 17/12/2024
Date Produced: 25/11/2026



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)	318.00
Energy (kJ)	1340.00
Protein (g)	2.90
Carb (g)	54.10
Of Which Sugars (g)	34.20
Fat (g)	9.80
Of Which Saturates (g)	3.70
Fibre (g)	1.00
Salt (g)	0.32

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

Toffee Sauce (Glucose Syrup, Water, Humectant (Vegetable Glycerine), Sweetened Condensed Milk (Milk, Sugar, Lactose (Milk)), Dark Brown Sugar, Dark Muscovado Sugar, Unsalted Butter (Milk), Maize Starch, Preservative (Potassium Sorbate), Black Treacle, Stabiliser (Xanthan Gum), Flavouring), Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Diced Dates, Golden Syrup (Partially Inverted Refiners Syrup), Vegetable Oils (Palm, Rapeseed), Dark Brown Sugar, Black Treacle, Dried Egg, Rice Flour, Raising Agents (Potassium Bicarbonate, Disodium Diphosphate, Sodium Bicarbonate).

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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