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Kara Triple Chocolate Muffins - Information

A rich chocolate muffin made with indulgent chocolate chips.

TFS Product Code: 012866
Suppliers Product Code:
Information Last Updated: 31/08/2023
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)	400.00
Energy (kJ)	1675.00
Protein (g)	5.70
Carb (g)	49.60
Of Which Sugars (g)	27.20
Fat (g)	19.50
Of Which Saturates (g)	3.80
Fibre (g)	1.80
Salt (g)	0.50

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, Thiamin), Rapeseed Oil, Sugar, EGG, Chocolate Filling (8%) (Sugar, Glucose Syrup, Rapeseed Oil, Water, Fat Reduced Cocoa Powder, Palm Oil, Sweetened Condensed MILK, Butter (MILK), Cocoa Mass, Emulsifiers (E471, E322 (SOYA)), Flavouring, Salt, Cocoa Butter, Preservative (E202)), White Chocolate Chunks (5%) (Sugar, Dried Whole MILK, Cocoa Butter, Dried Skimmed MILK, Emulsifier (E322 (SOYA)), Flavouring), Dark Chocolate Chunks (3.5%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (E322 (SOYA)), Flavouring), Fat Reduced Cocoa Powder, Cornflour, EGG White, Water, Milk Chocolate Chunks (1%) (Sugar, Dried Whole MILK, Cocoa Butter, Cocoa Mass, Dried Whey (MILK), Dried Skimmed MILK, Emulsifier (E322 (SOYA)), Flavouring), Raising Agents (E450i, E501ii), Maltodextrin, Dried Whey (MILK), Emulsifier (E471), Salt.

Handling Information

Directions for Use

To defrost: remove from case and leave in pack at room temperature for approximately 2 hours, or until fully defrosted. Once defrosted, store in a sealed pack in a cool, dry place away from direct sunlight. Once unwrapped use within 2 days and keep covered over night. If product is kept wrapped, use within 5 days.

Storage Instructions

Keep frozen, store at -18°C or below. Once defrosted do not refreeze.

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