



Roots & Wings Organic Family Christmas Pudding made with no Gluten-Containing Ingredients Ceramic Bowl 454g

Ingredients: Organic Sultanas, Organic Raisins, Organic Currants, Organic Dates, Organic Sugar, Organic Gluten Free Flour Blend (Organic Rice, Organic Potato, Organic Maize, Organic Buckwheat), Organic Golden Syrup, Organic **Egg**, Organic Carrot, Organic Cider, Organic Apple, Organic **Almonds**, Organic Cherries, Organic Cognac, Organic Lemon Juice, Organic Orange Juice, Organic Mixed Spice, Organic Nutmeg, Raising Agents: Cream of Tartar*, Sodium Bicarbonate*. *Approved non-organic ingredient.

Allergen Advice: contains **nuts** and **egg**

Suitable for Vegetarians. Free from Palm Oil.

Nutritional Information:

Typical Values	Per 100g
Energy	1120kJ / 265 kcal
Fat	3.6g
of which saturates	0.5 g
Carbohydrate	52.7g
of which sugars	45.5g
Fibre	3.3g
Protein	3.7g
Salt	0.1g

Recycling information: Card recyclable, Plastic recyclable.