



### Roots & Wings Organic Mini Christmas Pudding Ingredients

**Ingredients:** Organic Sultanas, Organic Raisins, Organic Currants, Organic Dates, Organic Cane Sugar, Organic Breadcrumbs (Organic *Wheat* Flour (Organic *Wheat* Flour, Calcium Carbonate\*, Iron\*, Niacin\*, Thiamin\*), Water\*, Organic Sunflower Oil, Yeast\*, Salt\*), Organic Golden Syrup, Organic *Egg*, Organic Carrots, Organic Stout [*barley*], Organic Apple, Organic *Almonds*, Organic Glace Cherries, Organic Cognac, Organic Lemon Juice, Organic Orange Juice, Organic Spices (Organic Mixed Spice, Organic Nutmeg). \*Approved non-organic ingredient.

**Allergen Advice:** contains **gluten, eggs, nuts**

**Suitable for Vegetarians. Free from Palm Oil.**

#### Nutritional Information:

| Typical Values     | Per 100g          |
|--------------------|-------------------|
| Energy             | 1716kJ / 409 kcal |
| Fat                | 17.2g             |
| of which saturates | 8.6 g             |
| Carbohydrate       | 58.3g             |
| of which sugars    | 38.5g             |
| Fibre              | 3.2g              |
| Protein            | 3.6g              |
| Salt               | 0.3g              |

**Recycling information:** Card recyclable