

Nutrition

	per 100g	per 10g
Energy	1612kJ/381kcal	161kJ/38kcal
Fat	1.5g	0g
of which Saturates	0.5g	0g
Carbohydrate	86g	8.6g
of which Sugars	81g	8.1g
Fibre	7.1g	0.7g
Protein	2.0g	0g
Salt	0.03g	0g



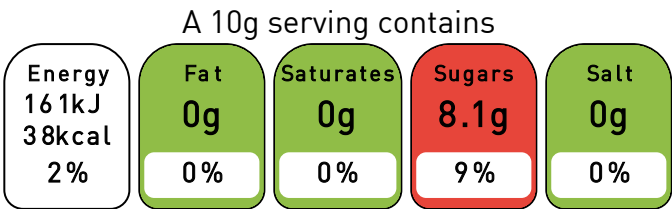
Ingredient Declaration

Demerara Sugar, Cinnamon, Ginger, Fennel Seeds, Cardamom, Cloves, Nutmeg, Black Pepper

Allergens

Suitable for Vegans and Vegetarians

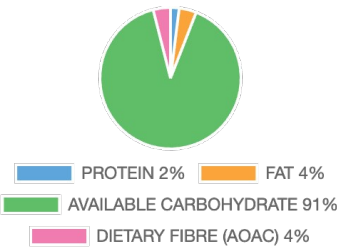
Front of Pack



of an adult's reference intake

Typical values per 100g: 1612kJ/381kcal

Energy Contributions



EU Reference Intakes

Per 100g		RI Quantity	% RI
Energy	kJ	8400 1612	19%
Total Fat	g	70.0 1.5	2%
Saturates	g	20.0 0.5	2%
Carbohydrate	g	260.0 86.1	33%
Sugars	g	90.0 81.1	90%
Protein	g	50.0 2.0	4%
Salt	g	6.0 0.03	1%