

CHEESE LOVERS PRESEVES

Ingredient Information:

Farmhouse Chutney for Cheese 190g

Ingredients: Onions, Brown Sugar, Apricots (17%), Dates (17%), Malt Vinegar (from **barley**), Apples (8%), Salt, Spices. May contain traces of mustard.

Sticky Fig Preserve for Cheese 195g

Ingredients: Figs (rehydrated), Red Onions, Brown Sugar, Red Wine Vinegar, Lemon Juice (from concentrate), Spices. May contain mustard.

Ploughmans Chutney 180g

Ingredients: Diced Onion (45%), Sugar, Spiced Vinegar (Malt Vinegar, Malt Extract, (both from **Barley**), Spices), Dates (Contains Rice Flour), Diced Bramley Apple, Dried Diced Apple (Both Apples Contain Preservative: Sodium Metabisulphite (**Sulphites**), Vegetable Oil: Rapeseed, Salt, Yellow **Mustard** Flour, Spice.

Tomato & Chilli Relish 190g

Ingredients: Tomatoes (53%), Onion, Brown Sugar, Malt Vinegar (**Barley**), Modified Starch, Red Chillies (2%), Curry Powder (Turmeric, Coriander, **Mustard** Powder, Onion Powder, Ginger, Cumin, Fenugreek, Garlic Powder, Chilli Powder, Fennel, Salt, Black Pepper), Salt, **Mustard** Powder.

Oatcakes 150g

Ingredients: Oatmeal (63%), **Wheat** flour (calcium carbonate, iron, niacin, thiamin), Palm Oil, Rapeseed Oil, Sugar, Salt [E535], Raising Agents (skylark [E450}, sodium bicarbonate [E500})

Allergy & Dietary Information:

For Allergens, see ingredients in **bold**

Suitable for Vegetarians

Suitable for Vegans

Not suitable for Gluten Allergy Sufferers

Not suitable for Wheat Allergy Sufferers

Not suitable for Mustard Allergy Sufferers

Not suitable for Sulphite Allergy Sufferers

Suitable for Egg Allergy Sufferers

Suitable for Dairy Allergy Sufferers

Nutritional Information (Typical values per 100g):

Per 100g:

Farmhouse Chutney for Cheese 190g

Energy 706kJ/166kcal, Fat 0g (saturates 0g), Carbohydrates 39.2g (sugars 38.7g), Protein 1.8g, Salt 0.5g

Sticky Fig Preserve for Cheese 195

Energy 917kJ/216kcal, Fat 0.5g (saturates 0g), Carbohydrates 51.5g (sugars 50.3g), Protein 1.4g, Salt 0g

Ploughmans Chutney 180g

Energy 874kJ/206kcal, Fat 0.9g (saturates 0.0g). Carbohydrates 50g (sugars 49g), Protein 1.3g, Salt 0.43g

Tomato & Chilli Relish 190g

Energy 472kJ/111kcal, Fat 0.4g (saturates 0g), Carbohydrates 25.7g (sugars 22.5g), Protein 1.3g, Salt 1g

Oatcakes 150g

Energy 2050kJ/488kcal Fat 21.6g (saturates 6g), Carbohydrates 65.8g, (sugars 4.6g), Protein 6.6g, Salt 1.8g. Fibre 5.8g.