

## NUTRITIONAL INFORMATION - Large Tubs

### Speculoos Freezecakes 457g:

	Per 100g	Per serve 108g
Energy kj	1727	1865
Energy kcal	413	446
Fag g	27.7	29.9
Saturates g	14.1	15.2
Carbohydrate g	37.5	40.5
Sugars g	30.5	32.9
Fibre g		
Protein g	4.1	4.5
Salt g	0.4	0.4

### Red Velvet Freezecakes 391.7g:

	Per 100g	Per serve 108g
Energy kj	1403	1515
Energy kcal	335	362
Fag g	21.2	22.9
Saturates g	12.2	13.2
Carbohydrate g	32.8	35.4
Sugars g	25.9	28.0
Fibre g	0.4	0.4
Protein g	4.4	4.8
Salt g	0.4	0.4

### Chocolate Freezecakes 449g:

	Per 100g	Per serve 108g
Energy kj	1396	1507
Energy kcal	334	361
Fag g	24.2	26.1
Saturates g	14.8	15.9
Carbohydrate g	25.5	27.6
Sugars g	20.8	22.5
Fibre g	1.0	1.1
Protein g	4.3	4.7
Salt g	0.3	0.3

### Butterscotch & Caramel Freezecakes 392g:

	Per 100g	Per serve 108g
Energy kj	1361	1470
Energy kcal	324	350
Fag g	18.7	20.2
Saturates g	11.2	12.1
Carbohydrate g	36.9	39.8
Sugars g	29.7	32.1
Fibre g	0.2	0.2
Protein g	4.3	4.6
Salt g	0.7	0.8

### Lemon & Raspberry Freezecakes 402.5g:

	Per 100g	Per serve 108g
Energy kj	1270	1372
Energy kcal	303	327
Fag g	16.0	17.3
Saturates g	9.4	10.2
Carbohydrate g	36.8	39.7
Sugars g	30.0	32.4
Fibre g	0.3	0.3
Protein g	3.6	3.9
Salt g	0.4	0.4

### Cherry Bakewell Freezecakes 423g:

	Per 100g	Per serve 108g
Energy kj	1346	1454
Energy kcal	321	347
Fag g	19.7	21.3
Saturates g	10.8	11.7
Carbohydrate g	33.2	35.9
Sugars g	27.6	29.8
Fibre g	0.4	0.4
Protein g	4.5	4.9
Salt g	0.4	0.4

### Blueberry Blondie Freezecakes 425g:

	Per 100g	Per serve 108g
Energy kj	1297	1401
Energy kcal	309	334
Fag g	16.8	18.1
Saturates g	9.8	10.6
Carbohydrate g	37.0	40.0
Sugars g	19.4	21.0
Fibre g	0.6	0.6
Protein g	4.1	4.4
Salt g	0.4	0.4

### Chocolate Orange Brownie Freezecakes 416g:

	Per 100g	Per serve 108g
Energy kj	1421	1535
Energy kcal	339	366
Fag g	20.0	21.6
Saturates g	12.0	13.0
Carbohydrate g	37.0	40.0
Sugars g	30.8	33.3
Fibre g	0.5	0.5
Protein g	4.2	4.5
Salt g	0.4	0.4

## **NUTRITIONAL INFORMATION - Mini Tubs**

### **Speculoos Freezecakes g:**

	Per 100g	Per serve 108g
Energy kj	-	-
Energy kcal	-	-
Fag g	-	-
Saturates g	-	-
Carbohydrate g	-	-
Sugars g	-	-
Fibre g	-	-
Protein g	-	-
Salt g	-	-

### **Red Velvet Freezecakes 124g:**

	Per 100g	Per serve 124g
Energy kj	1373	1703
Energy kcal	328	407
Fag g	21.0	26.0
Saturates g	12.3	15.2
Carbohydrate g	31.6	39.2
Sugars g	25.5	31.6
Fibre g	0.3	0.4
Protein g	4.4	5.4
Salt g	0.4	0.5

### **Chocolate Freezecakes 135g:**

	Per 100g	Per serve 135g
Energy kj	1473	1989
Energy kcal	352	476
Fag g	24.6	33.2
Saturates g	15.1	20.4
Carbohydrate g	29.4	39.6
Sugars g	22.0	29.7
Fibre g	1.1	1.5
Protein g	4.5	6.1
Salt g	0.3	0.4

### **Butterscotch & Caramel Freezecakes 135g:**

	Per 100g	Per serve 135g
Energy kj	1307	1764
Energy kcal	311	420
Fag g	18.1	24.5
Saturates g	10.8	14.6
Carbohydrate g	34.9	47.2
Sugars g	29.4	39.7
Fibre g	0.1	0.1
Protein g	4.2	5.7
Salt g	0.7	1.0

### **Lemon & Raspberry Freezecakes 112g:**

	Per 100g	Per serve 112g
Energy kj	1268	1425
Energy kcal	303	340
Fag g	16.1	18.1
Saturates g	9.4	10.6
Carbohydrate g	36.7	41.3
Sugars g	30.0	33.7
Fibre g	0.3	0.3
Protein g	3.6	4.0
Salt g	0.4	0.4

### **Cherry Bakewell Freezecakes 120g:**

	Per 100g	Per serve 120g
Energy kj	1326	1591
Energy kcal	316	380
Fag g	19.3	23.2
Saturates g	10.7	12.8
Carbohydrate g	32.9	39.5
Sugars g	27.3	32.8
Fibre g	0.4	0.4
Protein g	4.4	5.3
Salt g	0.4	0.4

### **Blueberry Blondie Freezecakes g:**

	Per 100g	Per serve 108g
Energy kj	-	-
Energy kcal	-	-
Fag g	-	-
Saturates g	-	-
Carbohydrate g	-	-
Sugars g	-	-
Fibre g	-	-
Protein g	-	-
Salt g	-	-

### **Chocolate Orange Brownie Freezecakes 188g:**

	Per 100g	Per serve 188g
Energy kj	1332	1572
Energy kcal	318	375
Fag g	19.4	22.9
Saturates g	11.4	13.5
Carbohydrate g	33.0	39.0
Sugars g	27.5	32.4
Fibre g	0.3	0.4
Protein g	4.3	5.0
Salt g	0.4	0.4