

# Cranberry Tiffin

**Ingredients:** Digestive Biscuits (**Wheat** Flour, (Calcium Carbonate, Vitamin B3 & B1), Palm SG, Rapeseed Oil, Invert Sugar Syrup, Salt, Raising Agent: E500ii), **Yoghurt** Drops (Sugar, Hydrogenated Vegetable Oil, **Whey** Powder, **Yoghurt** Powder, **Wheat** Flour, Emulsifier: **Soya** Lecithin), Margarine (Vegetable Oils (Palm, Rapeseed), Water, Salt (2%), Emulsifier (E475), Colours (E100 & E160b), Flavourings), Cranberries (10%) (Cranberries, Sugar, Sunflower Oil), Syrup, Caramel (Sugar; Glucose Syrup, Preservative **Sulphur Dioxide**, Vegetable Fat: Palm, Sweetened Condensed **Milk** (**Milk**, Sugar), Water, Vegetable Oil: Rapeseed; Salt, Emulsifier: **Soya** Lecithin, Colour: Curcumin, Annatto). **Topping:** Yoghurt Drops, Cranberries, **Milk** Chocolate (Sugar, Hydrogenated Vegetable Fat, **Whey** Powder, Fat-Reduced Cocoa Powder (5.5%), Skimmed **Milk** Powder (3%), Emulsifier **Soya** Lecithin, Natural Vanilla Flavouring.), Belgian **Milk** Chocolate (Sugar, Cocoa Butter (22.8%), Whole **Milk** Powder (22.4%), Cocoa Mass (11.2%), Emulsifier: **Soya** Lecithin, Flavouring: Natural Vanilla). **Allergy Advice:** For allergens, including cereals containing gluten, see ingredients in **bold**. May contain **nuts**. Suitable for vegetarians & an egg-free diet. Keep packaging away from children & animals. Once opened consume within three days & store in an airtight container. Portion 30g.

<b>NUTRITION</b>		
<b>Typical Values</b>	<b>Per Portion</b>	<b>Per 100g</b>
<b>Energy</b>	646 kJ 156 kcal	2105 kJ 509 kcal
<b>Fat</b> of which: saturates	8.9g 4.7g	29.0g 15.2g
<b>Carbohydrate</b> of which: sugars	17.8g 11.1g	57.9g 36.3g
<b>Protein</b>	1.2g	4.0g
<b>Salt</b>	0.2g	0.7g