

Supplier's Product Code :  
Product Added :  
Last Updated by Supplier :  
erudus id :

KFFMFL  
19 May 2016  
25 February 2022  
15ff7478c091406f9ce4d8b1100003b3



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## Flapjacks Mixed Box - Chocolate Flapjack

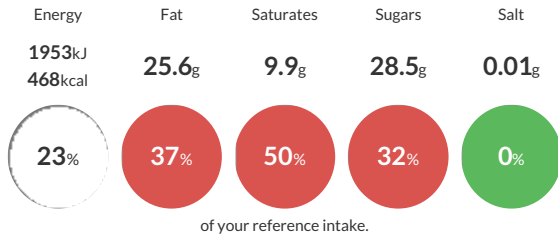
Short Product Name:  
Flapjacks Mixed Box

Mixed flapjack box with: - Chocolate Flapjack, Suitable for Vegan Diet - Fruit & Coconut Flapjack, Suitable for Vegan Diet - Jumbo Oat Flapjack, Suitable for Vegan Diet - Toffee Topped Flapjack, Not Suitable for Vegan Diet - Yoghurt & Cherry Flapjack. Not Suitable for Vegan Diet

Traded Unit GTIN: 5060158953936 Internal GTIN: 5060158953905 Supplier : Love Handmade Cakes (Exquisite Handmade Cakes) Suppliers Product Code: KFFMFL

### Reference Intake

Each 100g portion contains:



Typical values per 100g : Energy 1953kJ 468kcal

### Nutritional Information

Typical Values	Per 100g
Energy	1953kJ 468kCal
Carbohydrates	52.1g
of which sugars	28.5g
Fat	25.6g
of which saturates	9.9g
Fibre	4g
Protein	5.4g
Salt	0.01g

### Allergy Information

Key: Contains May Contain



### Dietary Information

Key: Suitable for



### Ingredients

OATS (36%), Margarine (Vegetable Oils (Palm, Rapeseed), Water, Salt, Emulsifier (E471), Natural Flavouring, Colours (E160b(i), E100)), Chocolate Flavour Coating (17%)(Sugar, Vegetable Fat (Palm Kernel, Coconut), Fat Reduced Cocoa Powder, Emulsifier (SOYA Lecithin), Flavouring), Golden Syrup (Partially Inverted Refiners Syrup), Sugar

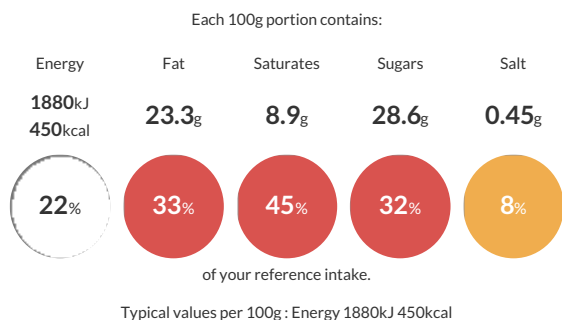
# Flapjacks Mixed Box - Fruit & Coconut Flapjack

Short Product Name:  
Flapjacks Mixed Box

Mixed flapjack box with: - Chocolate Flapjack, Suitable for Vegan Diet - Fruit & Coconut Flapjack, Suitable for Vegan Diet - Jumbo Oat Flapjack, Suitable for Vegan Diet - Toffee Topped Flapjack, Not Suitable for Vegan Diet - Yoghurt & Cherry Flapjack. Not Suitable for Vegan Diet

Traded Unit GTIN: **5060158953936** Internal GTIN: **5060158953905** Supplier : **Love Handmade Cakes (Exquisite Handmade Cakes)** Suppliers Product Code : **KFFMFL**

## Reference Intake



## Nutritional Information

Typical Values	Per 100g
Energy	1880kJ 450kCal
Carbohydrates	52.3g
of which sugars	28.6g
Fat	23.3g
of which saturates	8.9g
Fibre	4.6g
Protein	5.5g
Salt	0.45g

## Allergy Information

Key: **Contains** **May Contain**



## Dietary Information

Key: **Suitable for**



## Ingredients

OATS (41%), Margarine (Palm Fat, Vegetable Oils (Rapeseed Oil, Sunflower Oil), Water, Salt, Colours (E100, E160b(i)), Emulsifier (E475), Flavouring), Golden Syrup (Partially Inverted Refiners Syrup), Sugar, Sultanas (3.7%)(Sultanas, Sunflower Oil), Desiccated Coconut (3.2%)(Desiccated Coconut, Preservative (SULPHUR DIOXIDE)), Cherries (2.9%)(Cherries, Glucose-Fructose Syrup, Sugar, Acidity Regulator (E330), Preservative (E202), Colour (E127)), Cane Molasses

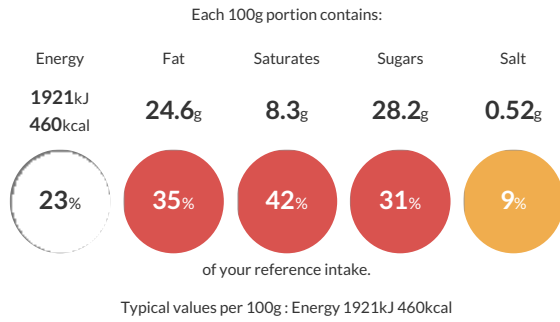
# Flapjacks Mixed Box - Jumbo Oat Flapjack

Short Product Name:  
Flapjacks Mixed Box

Mixed flapjack box with: - Chocolate Flapjack, Suitable for Vegan Diet - Fruit & Coconut Flapjack, Suitable for Vegan Diet - Jumbo Oat Flapjack, Suitable for Vegan Diet - Toffee Topped Flapjack, Not Suitable for Vegan Diet - Yoghurt & Cherry Flapjack. Not Suitable for Vegan Diet

Traded Unit GTIN: **5060158953936** Internal GTIN: **5060158953905** Supplier : **Love Handmade Cakes (Exquisite Handmade Cakes)** Suppliers Product Code : **KFFMFL**

## Reference Intake



## Nutritional Information

Typical Values	Per 100g
Energy	1921kJ 460kCal
Carbohydrates	52.2g
of which sugars	28.2g
Fat	24.6g
of which saturates	8.3g
Fibre	4g
Protein	5.4g
Salt	0.52g

## Allergy Information

Key: **Contains** **May Contain**



## Dietary Information

Key: **Suitable for**



## Ingredients

Rolled OATS (26%), Jumbo OATS (17%), Margarine (Palm Fat, Vegetable Oils (Rapeseed Oil, Sunflower Oil), Water, Salt, Colours (E100, E160b(i)), Emulsifier (E475), Flavouring), Golden Syrup (Partially Inverted Refiners Syrup), Sugar, Cane Molasses

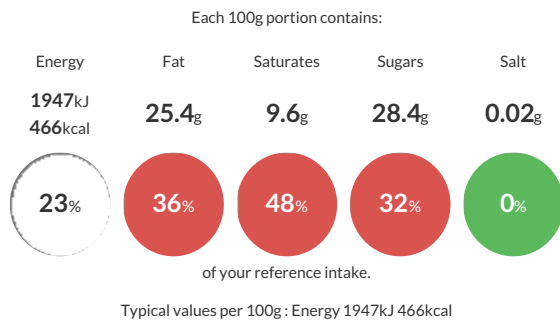
# Flapjacks Mixed Box - Toffee Topped Flapjack

Short Product Name:  
Flapjacks Mixed Box

Mixed flapjack box with: - Chocolate Flapjack, Suitable for Vegan Diet - Fruit & Coconut Flapjack, Suitable for Vegan Diet - Jumbo Oat Flapjack, Suitable for Vegan Diet - Toffee Topped Flapjack, Not Suitable for Vegan Diet - Yoghurt & Cherry Flapjack. Not Suitable for Vegan Diet

Traded Unit GTIN: **5060158953936** Internal GTIN: **5060158953905** Supplier : **Love Handmade Cakes (Exquisite Handmade Cakes)** Suppliers Product Code : **KFFMFL**

## Reference Intake



## Nutritional Information

Typical Values	Per 100g
Energy	1947kJ 466kCal
Carbohydrates	52.2g
of which sugars	28.4g
Fat	25.4g
of which saturates	9.6g
Fibre	4g
Protein	5.4g
Salt	0.02g

## Allergy Information

Key: **Contains** **May Contain**



## Dietary Information

Key: **Suitable for**



## Ingredients

OATS (36%), Margarine (Vegetable Oils (Palm, Rapeseed), Water, Salt, Emulsifier (E471), Natural Flavouring, Colours (E160b(i), E100)), Toffee Flavour Topping (17%)(Sugar, Palm Oil, Whey Powder (MILK), Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Fat Reduced Cocoa Powder, Cocoa Butter, Emulsifiers (SOYA Lecithin, E476), Natural Flavouring, Colour (E160a)), Golden Syrup (Partially Inverted Refiners Syrup), Sugar

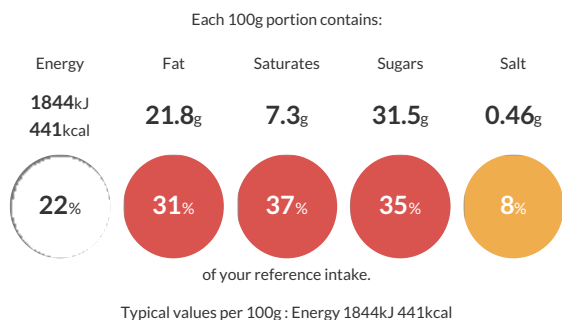
# Flapjacks Mixed Box - Yoghurt & Cherry Flapjack

Short Product Name:  
Flapjacks Mixed Box

Mixed flapjack box with: - Chocolate Flapjack, Suitable for Vegan Diet - Fruit & Coconut Flapjack, Suitable for Vegan Diet - Jumbo Oat Flapjack, Suitable for Vegan Diet - Toffee Topped Flapjack, Not Suitable for Vegan Diet - Yoghurt & Cherry Flapjack. Not Suitable for Vegan Diet

Traded Unit GTIN: **5060158953936** Internal GTIN: **5060158953905** Supplier : **Love Handmade Cakes (Exquisite Handmade Cakes)** Suppliers Product Code : **KFFMFL**

## Reference Intake



## Nutritional Information

Typical Values	Per 100g
Energy	1844kJ 441kCal
Carbohydrates	54.6g
of which sugars	31.5g
Fat	21.8g
of which saturates	7.3g
Fibre	3.8g
Protein	4.9g
Salt	0.46g

## Allergy Information

Key: **Contains** **May Contain**



## Dietary Information

Key: **Suitable for**



## Ingredients

OATS (30%), Yoghurt Flavour Topping (22%)(Sugar, Palm Oil, Whey Powder (MILK), Skimmed MILK Yoghurt Powder, Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Emulsifier (SOYA Lecithin)), Margarine (Palm Fat, Vegetable Oils (Rapeseed Oil, Sunflower Oil), Water, Salt, Colours (E100, E160b(i)), Emulsifier (E475), Flavouring), Golden Syrup (Partially Inverted Refiners Syrup), Sugar, Cherries (8.7%)(Cherries, Glucose-Fructose Syrup, Sugar, Acidity Regulator (E330), Preservative (E202), Colour (E127)), Glucose Syrup, Cane Molasses