

Neal's Yard Dairy - Non-Cheese Nutritional Information

all values represent g/100g product unless otherwise stated

Product description	Energy kj/100g	Energy kcal/100g	Fat	(of which saturates)	Total carbo- hydrate	(of which sugars)	Protein	Salt
Delouis Fils Moutarde de Dijon	721	173	11.3	0.7	7.4	2.1	6.3	5.6
Delizia Estense, Agrodolce Bianco	502	120	0	0	26.4	26.4	0	0.0
El Pesol Membrillo Quince Paste	509	143	0.1	0	35.0	25.0	0.5	0.0
England Preserves Gooseberry and Elderflower Jam	523	123	0.1	<0.1	31.9	31.9	0.5	0.1
England Preserves Pear Date and Ale Chutney	616	145	0.2	<0.1	33.9	29.8	0.9	<0.1
Fine Cheese Company, Stichelton Toast	375	1570	19.1	8	38.6	3.8	14.9	4.1
Honey (Coedcanlas; Mellis Apiaries)*	288	1229	0	0	76.4	76.4	0.4	0.0
Macroon Oatmeal*	1587	375	9.2	1.6	66.0	1.1	11.2	<0.1
Margaret's Spiced Pickled Runner Beans*	360	84	0.5	0.1	17.6	14.8	1	3.4
North Staffordshire Oatcakes	781	185	3.4	0.3	31.0	3.4	5.4	1.2
Orkney Oatcakes, Thick	2057	489	18.2	6.7	86.0	2.1	9.8	1.2
Orkney Oatcakes, Thin	2105	501	22	8.4	62.4	1.5	10.4	1.5
Pittenweem Oatcakes	1880	448	17.5	5.9	60.4	3.1	9.3	2.3
Poilâne Country Loaf	1028	246	0.8	0.1	49.2	1.8	8.42	1.1
Poilâne Walnut Bread	1480	354	20.8	2	21.5	2.0	10.5	0.8
Poilâne Rye and Currant Bread	1077	258	1	0.2	52.3	18.0	6.7	1.0
Poilâne Punitions	1786	427	20	12.8	54.3	23.5	6.6	0.0
Rosebud Almond & Orange Mincemeat	1019	249	3	0	55.0	46.0	2.6	<0.1
Rosebud Blackcurrant Jam	1073	161	0.2	0	63.0	63.0	0.7	<0.1
Rosebud Damson Plum Jam	1060	159	0	0	64.0	63.0	0.4	<0.1
Rosebud Hot Apple Chutney	571	136	8.4	7.5	16.1	15.2	1.2	0.2
Rosebud Old Yorkshire Chutney	655	154	0.2	0	38.0	33.0	1.2	0.3
Rosebud Pickled Onions	60	255	0.4	0.1	13.0	13.0	0.9	1.2
Rosebud Raspberry Preserve	1080	258	0.2	0.2	63.0	63.0	0.9	<0.1
Rosebud Red Onion and Port Marmalade	958	226	0.1	0	56.5	55.0	1.2	0.0
Rosebud Spiced Plum Chutney	464	109	0.1	0	28.0	23.0	1	0.2
Rosebud Strawberry Jam	1104	166	0.1	0	65.0	65.0	0.6	0.1
Rosebud Traditional Piccalilli	490	115	1.2	0.1	23.0	20.0	2.3	1.0
Sheridans Irish Brown-Bread Crackers	320	1339	14.6	8.8	37.7	3.0	8.9	1.3
Sheridans Irish Rye and Linseed Crackers	328	1373	13.4	1.8	46.1	0.5	6.8	1.0
Sheridans Mixed-Seed Crackers	343	1435	16.6	8.2	43.7	0.3	7	1.0
Tracklements Fig Relish	840	198	0.8	0.1	44.9	44.6	1.8	0.8
La Vecchia Dispensa, Balsamico Ricco	1509	350	0	0	82.5	82.5	1.3	0.1
Woodcock Wild Salmon (Atlantic)*	598	142	4.5	0.8	0	0.0	25.4	4.7

*values are an approximate calculation