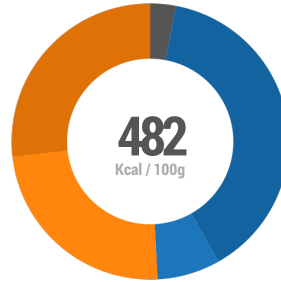


# Cake Stories - Bisky Brownio

Overview ...

U / 3559290



CALORIES:

**46.2% Carbs**

**3% Protein**

**50.8% Fat**

Food Labelling...

## EU Label values per 100g

	PER 100G	%RI	PER 116G SERVING	%RI
Energy(Kj)	<b>2037</b> kJ	24%	<b>2372</b> kJ	28%
Energy(kcal)	<b>488</b> kcal	24%	<b>568</b> kcal	28%
Fat	<b>27</b> g	39%	<b>32</b> g	46%
of which saturates	<b>14</b> g	70%	<b>17</b> g	85%
Carbohydrate	<b>56</b> g	22%	<b>65</b> g	25%
of which sugars	<b>47</b> g	52%	<b>55</b> g	61%
Fibre	<b>2.8</b> g	11%	<b>3.3</b> g	13%
Protein	<b>3.5</b> g	7%	<b>4.1</b> g	8%
Salt	<b>0.51</b> g	9%	<b>0.59</b> g	10%

CONTAINS:



WHEAT



EGGS



MILK



SOYA

Nutrient Breakdown per 100g...

Energy	Lipid Components	Vitamins
Energy(kcal) 24% RI	Saturated Fat <b>72% RI</b>	Vitamin A (ret eq) 20% RI
Energy(Kj) 24% RI	Monounsaturated fat 11% RI	Retinol
<b>482kcal</b>	<i>cis-Mono</i>	Carotene
<b>2015kJ</b>	Polyunsaturated fat 3% RI	Vitamin D 7% RI
<b>Macronutrients</b>	<i>Omega3(n-3)</i> 5% RI	Vitamin E 3% RI
Carbohydrate 21% RI	<i>Omega6(n-6)</i> 2% RI	Vitamin K <sub>1</sub> 1% RI
Protein 7% RI	<i>cis-Poly</i>	Thiamin (B <sub>1</sub> ) 1% RI
Fat <b>39% RI</b>	Trans-fatty acids	Riboflavin (B <sub>2</sub> ) 3% RI
Water	Cholesterol	Niacin total (B <sub>3</sub> ) 2% RI
Water from Drinks	<b>Minerals &amp; trace elements</b>	Niacin 0% RI
Alcohol (0% ABV)	Sodium <b>8% RI</b>	Tryptophan
<b>Carbohydrate</b>	Potassium 1% RI	Pantothenic Acid (B <sub>5</sub> ) 2% RI
Starch	Chloride 38% RI	Vitamin B <sub>6</sub> 1% RI
Oligosaccharide	Calcium 1% RI	Folates (B <sub>9</sub> ) Total 2% RI
Fibre 11% RI	Phosphorus 2% RI	Vitamin B <sub>12</sub> 9% RI
NSP	Magnesium 0% RI	Biotin (B <sub>7</sub> ) 3% RI
Sugars <b>52% RI</b>	Iron 1% RI	Vitamin C 0% RI
Glucose	Zinc 1% RI	
Galactose	Copper 0% RI	

Fructose  
Sucrose  
Maltose  
Lactose

**0g** Manganese **0% RI**  
**0g** Selenium **3% RI**  
**0g** Iodine **6% RI**  
**0.08g**

<b>0mg</b>	<b>Other</b>	
<b>1.6ug</b>	GI (estimated)	<b>0</b>
<b>8.8ug</b>	GL	<b>0</b>
	Caffeine	<b>-</b>

#### Ingredient List (QUID) ...

Dark Chocolate [Cocoa Mass (55%), Sugar, Cocoa Butter, Emulsifier, **Soy** Lecithin (E322), Flavouring: Natural Vanilla], Icing Sugar [Icing Sugar (97%), Maize Starch], Butter ( **Milk**), Biscoff Spread (13.7%) [Original Caramelised Biscuits 58% (**Wheat** Flour, Sugar, Vegetable Oils (Palm Oil from Sustainable and Certified Plantations, Rapeseed Oil), Candy Sugar Syrup, Raising Agent (Sodium Hydrogen Carbonate), **Soya** Flour, Salt, Cinnamon), Rapeseed Oil, Sugar, Emulsifier ( **Soya** Lecithin), Acid (Citric Acid)], Caster Sugar, **Eggs**, Ben Crumb [**Wheat Flour**, Sugar, Vegetable Oils (Palm Oil from sustainable and certified plantations, Rapeseed Oil), Candy Sugar Syrup, Raising Agent (Sodium Hydrogen Carbonate), **Soya** Flour, Salt, Cinnamon), Cornflour [Maize Starch], Cocoa Powder [Cocoa Powder, Acidity Regulator (Potassium Carbonates), Contains Cocoa Butter 20% minimum], Vanilla Extract [Glucose Syrup, Invert Sugar, Soft Brown Sugar, Madagascan Vanilla Extract, Water], Sea Salt