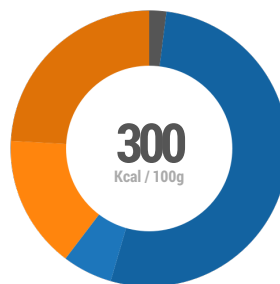


Cake Stories - Raspberry Brownie

Overview ...

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CALORIES:

58.3% Carbs

2% Protein

39.7% Fat



Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 111G SERVING	%RI
Energy(Kj)	1265 kJ	15%	1404 kJ	17%
Energy(Kcal)	302 kcal	15%	335 kcal	17%
Fat	13 g	19%	15 g	21%
of which saturates	8 g	40%	8.9 g	45%
Carbohydrate	44 g	17%	49 g	19%
of which sugars	39 g	43%	44 g	49%
Fibre	1 g	4%	1.1 g	4%
Protein	1.5 g	3%	1.7 g	3%
Salt	0.39 g	7%	0.43 g	7%

CONTAINS:



EGGS



MILK



SOYA

OTHER PROPERTIES:



GLUTEN FREE

Nutrient Breakdown per 100g...

Energy	Lipid Components	Vitamins
Energy(Kcal) 15% RI	Saturated Fat 40% RI	Vitamin A (ret eq) 19% RI
Energy(Kj) 15% RI	Monounsaturated fat 11% RI	Retinol
300kcal	cis-Mono	Carotene
1257kJ	Polyunsaturated fat 3% RI	Vitamin D 7% RI
Macronutrients	Omega3(n-3) 5% RI	Vitamin E2% RI
Carbohydrate 17% RI	Omega6(n-6) 1% RI	Vitamin K ₁ 1% RI
Protein 3% RI	cis-Poly	Thiamin (B ₁) 0% RI
Fat 19% RI	Trans-fatty acids	Riboflavin (B ₂) 1% RI
Water	Cholesterol	Niacin total (B ₃) 0% RI
Water from Drinks	Minerals & trace elements	Niacin 0% RI
Alcohol (0% ABV)	Sodium 7% RI	Tryptophan
Carbohydrate	Potassium 0% RI	Pantothenic Acid (B ₅) 0% RI
Starch	Chloride 30% RI	Vitamin B ₆ 0% RI
Oligosaccharide	Calcium 0% RI	Folates (B ₉) Total 0% RI
Fibre 4% RI	Phosphorus 0% RI	Vitamin B ₁₂ 2% RI
NSP	Magnesium 0% RI	Biotin (B ₇) 0% RI
Sugars 44% RI	Iron 0% RI	Vitamin C 0% RI
Glucose	Zinc 0% RI	GI (estimated)
Galactose	Copper 0% RI	GL
Fructose	Manganese 0% RI	Caffeine
Sucrose	Selenium 0% RI	
Maltose	Iodine 4% RI	
Lactose		

Ingredient List (QUID) ...

Dark Chocolate (25%) [Cocoa Mass (55%), Sugar, Cocoa Butter, Emulsifier, **Soy** Lecithin (E322), Flavouring: Natural Vanilla], Icing Sugar [Icing Sugar (97%), Maize Starch], Raspberry Conserve (16.5%) [Sugar, Raspberry Purée, Raspberries, Lemon Juice from Concentrate, Gelling Agent (Pectins), Acidity Regulators (Sodium Citrates, Citric Acid), Prepared with 61g of Fruit per 100g and total Sugar content 62g per 100g], Butter (**Milk**), Caster Sugar, **Eggs**, Cornflour [Maize Starch], Raspberry Crumble (2.2%), Raspberry Syrup (1.1%) [Sugar, Water, Concentrated Lemon Juice, Concentrated Raspberry Juice, Natural Flavouring, Colour: E163, Total Fruit Juice: 18%, including 10% Raspberry Juice], Cocoa Powder [Cocoa Powder, Acidity Regulator (Potassium Carbonates), Contains Cocoa Butter 20% minimum], Raspberry Powder (0.72%), Vanilla Extract [Glucose Syrup, Invert Sugar, Soft Brown Sugar, Madagascan Vanilla Extract, Water], Sea Salt