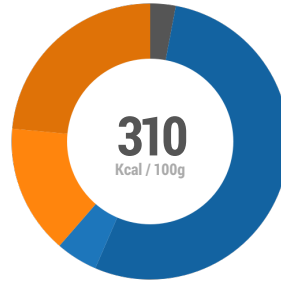


Cake Stories - Salted Toffee Popcorn Brownie

Overview ...

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CALORIES:
58.4% Carbs
3% Protein
38.6% Fat



Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 121G SERVING	%RI
Energy(Kj)	1304 kJ	16%	1578 kJ	19%
Energy(Kcal)	311 kcal	16%	376 kcal	19%
Fat	13 g	19%	16 g	23%
<i>of which saturates</i>	8.1 g	41%	9.8 g	49%
Carbohydrate	45 g	17%	55 g	21%
<i>of which sugars</i>	41 g	46%	50 g	56%
Fibre	.5 g	2%	.5 g	2%
Protein	2.3 g	5%	2.8 g	6%
Salt	1.1 g	18%	1.3 g	22%

CONTAINS:



EGGS

MILK

SOYA

OTHER PROPERTIES:



GLUTEN FREE

Nutrient Breakdown per 100g...

Energy	Lipid Components	Vitamins
Energy(Kcal) 16% RI	Saturated Fat 41% RI	Vitamin A (ret eq) 18% RI
Energy(Kj) 15% RI	Monounsaturated fat 10% RI	Retinol
Macronutrients	cis-Mono	Carotene
Carbohydrate 17% RI	Polyunsaturated fat 2% RI	Vitamin D 7% RI
Protein 5% RI	Omega3(n-3) 4% RI	Vitamin E 2% RI
Fat 19% RI	Omega6(n-6) 1% RI	Vitamin K ₁ 1% RI
Water	cis-Poly	Thiamin (B ₁) 0% RI
Water from Drinks	Trans-fatty acids	Riboflavin (B ₂) 1% RI
Alcohol (0% ABV)	Cholesterol	Niacin total (B ₃) 0% RI
Carbohydrate	Minerals & trace elements	Niacin 0% RI
Starch	Sodium 18% RI	Tryptophan
Oligosaccharide	Potassium 0% RI	Pantothenic Acid (B ₅) 0% RI
Fibre 2% RI	Chloride 84% RI	Vitamin B ₆ 0% RI
NSP	Calcium 5% RI	Folates (B ₉) Total 0% RI
Sugars 46% RI	Phosphorus 0% RI	Vitamin B ₁₂ 2% RI
Glucose	Magnesium 0% RI	Biotin (B ₇) 0% RI
Galactose	Iron 0% RI	Vitamin C 0% RI
Fructose	Zinc 0% RI	
Sucrose	Copper 0% RI	Other
Maltose	Manganese 0% RI	GI (estimated)
Lactose	Selenium 0% RI	GL
	Iodine 4% RI	Caffeine

Ingredient List (QUID) ...

Caramel (19.8%) [Whole **Milk**, Sugar], Icing Sugar [Icing Sugar (97%), Maize Starch], Butter (**Milk**), Dark Chocolate (13%) [Cocoa Mass (55%), Sugar, Cocoa Butter, Emulsifier, **Soy** Lecithin (E322), Flavouring: Natural Vanilla], White Chocolate (9.9%) [Sugar, Cocoa Butter (30%), Whole Milk Powder, Emulsifier: **Soy** Lecithin (E322), Flavouring: Natural Vanilla], Caster Sugar, **Eggs**, Toffee Popcorn (3.3%) [Sugar, Glucose Syrup, Popped Maize, Rapeseed Oil, Butter (**Milk**), Salt, Single Cream (**Milk**), Invert Sugar Syrup, Molasses, Emulsifier (Sunflower Lecithins)], Cornflour [Maize Starch], Cocoa Powder [Cocoa Powder, Acidity Regulator (Potassium Carbonates), Contains Cocoa Butter 20% minimum], Sea Salt, Vanilla Extract [Glucose Syrup, Invert Sugar, Soft Brown Sugar, Madagascan Vanilla Extract, Water], Caramel Colour [Glycerol (E422), Colour (E172), Lecithin (E322)]