

Name of Product	Average Weight of Food Portion (g)	Energy per Food Portion (kcal)	Protein per Food Portion(g)	Carbohydrate per Food Portion (g)	Fat per Food Portion (g)	Saturated Fat per Food Portion (g)	Salt per Food Portion (g)	Sugar per Food portion (g)
Hot Desserts								
Choc Chip Cookie Dough	159	523	7.5	73.6	29.8	18.6	1.58	49.8
White Choc & Raspberry Cookie Dough	159	531	6.0	68.7	25.3	15.9	1.35	50.9
Flapjack & Raisin Cookie Dough	159	503	6.3	76.9	23.7	14.4	1.42	53.2
Toffee Apple Crumble for One	179	362	4.5	57.7	12.7	4.1	0.65	40.0
Cold Desserts								
Chocolate Fudge Cake	133	683	5.9	70.0	24.2	9.2	0.60	59.0
Profiteroles	133	317	5.7	36.2	30.4	18.9	0.22	no data
Ice Cream Factory (Values Given per 100g)								
Ice Cream Mix	100	147	4.0	18.8	6.2	4.1	0.15	18.8
Raspberry Sauce	100	220	0.1	54.8	0.0	trace	0.01	39.6
Chocolate Sauce	100	265	1.9	61.0	1.3	0.7	0.02	51.1
Mint Choc Sauce	100	265	1.9	61.0	1.3	0.7	0.02	51.1
Butterscotch Sauce	100	280	0.4	57.1	5.5	2.3	0.30	33.9
Chocolate Raisins	100	405	5.4	63.3	14.2	8.3	0.25	51.7
Coloured Milk Chocolate Beans	100	451	3.3	78.8	13.6	7.9	0.20	78.6
Dew Drops	100	345	0.0	83.4	0.0	0.0	trace	72.0
Milk Chocolate Coated Honeycomb	100	475	3.6	72.9	19.0	11.9	1.02	59.0
Teddy Bears	100	340	4.0	80.4	0.0	0.0	0.25	57.9
Jelly Babies	100	330	3.8	79.2	0.0	0.0	0.25	74.8
Midget Gems	100	340	4.0	80.4	0.0	0.0	0.25	57.9
Milk Chocolate Digestive Biscuits	100	495	7.4	65.4	22.6	12.1	0.76	41.4
Milk Chocolate Buttons	100	530	7.2	61.3	28.5	17.2	0.25	55.1
Milk Chocolate Halloweenies	100	465	3.9	77.5	15.5	9.2	0.25	61.9
Milk Chocolate Mini Snowballs	100	465	3.9	77.5	15.5	9.2	0.25	61.9
Reindeer Noses	100	465	3.9	77.5	15.5	9.2	0.25	61.9
UHT Cream	13	46	0.3	0.4	3.6	2.3	0.01	0.4
Smoothies & Milkshakes								
Strawberry	492	487	12.7	59.8	22.8	16.0	0.61	59.6
The Chocoholic	327	441	10.3	59.6	19.3	12.6	0.23	56.2
Vanilla Fudge Milkshake	333	468	10.6	65.5	18.6	12.2	0.30	65.1
Delivery								
Fudge Brownie	105	418	4.5	63.1	16.4	3.5	0.83	42.6
Banoffee Pie	100	350	4.2	34.9	21.5	13.0	0.37	24.7
Choccy Chunks	500ml	1440	15.5	141.5	90.0	no data	no data	no data
Berry Cool Ice Cream	500	280	3.0	53.0	6.0	no data	no data	no data
Chocco Rocco Ice Cream	500	725	10.5	104.0	29.5	no data	no data	no data
Brownie Bliss Ice Cream	500	690	8.0	101.5	28.0	no data	no data	no data
Rocky Road	250	760	7.8	102.3	34.5	21.5	0.63	80.3
Hot Desserts								
Cookie Dough	145	635	8.0	78.9	32.0	19.9	2.21	51.0
Vanilla Ice Cream Pots	55	110	1.5	10.9	6.4	3.9	0.11	11.7