



Ireland Fresh & Packaged Food Nutritional Information
Holiday 2020

ver. 1.0

	Energy (kJ)		Energy (kcal)		Protein (g)		Carbohydrates (g)		of which are sugars (g)		Fat (g)		of which are saturates (g)		Fibre (g)		Sodium (g)		Equivalent as salt (g)	
	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit
Chocolate Swirl	1,544.0	2,023.0	368.0	452.0	8.2	10.7	49.6	65.0	16.0	21.0	14.7	19.3	6.9	9.0	2.2	2.9	0.2	0.2	0.5	0.6
Chocolate Truffle Loaf	1648.0	1483.0	394.0	355.0	5.8	5.2	42.0	37.0	33.0	30.0	22.0	20.0	6.3	5.7	3.1	2.8	0.3	0.2	0.6	0.5
Lemon Loaf Cake	1630.0	1467.0	391.0	352.0	4.8	4.3	40.0	36.0	26.0	24.0	24.0	21.0	9.8	8.8	1.2	1.1	0.3	0.2	0.6	0.6
Vegan Nanaimo Almond Butter Bar	2,262.0	1,357.0	544.0	326.0	8.5	5.1	40.0	24.0	30.0	18.0	38.7	23.2	15.4	9.2	4.2	2.5	0.3	0.2	0.8	0.5
Raspberry White Chocolate Muffin	1,587.0	1,856.8	385.0	450.5	5.1	6.0	51.4	60.1	34.1	39.9	17.1	20.0	3.9	4.6	1.4	1.6	0.1	0.2	0.4	0.4
Cookie- Warm Oat & Raisin	1,766.0	1,342.0	420.0	321.0	5.3	4.0	66.1	50.2	40.0	30.4	14.1	10.7	6.4	4.9	3.8	2.9	0.1	0.0	0.1	0.1
Mermaid Cookie	1,913.0	1,243.0	456.0	296.0	2.9	1.9	64.0	42.0	33.0	21.0	21.0	14.0	13.0	8.5	0.9	0.6	0.15	0.10	0.39	0.25
Mince Pie Large	1,568.0	1,693.0	373.0	403.0	4.3	4.6	57.7	62.3	34.5	37.3	13.5	14.6	8.2	8.9	1.8	1.9	0.0	0.0	0.0	0.0
Loaf Lemon & Blueberry	1,667.0	1,667.0	399.0	399.0	4.9	4.9	42.0	42.0	28.0	28.0	23.8	33.8	10.9	10.9	1.2	1.2	0.2	0.2	0.5	0.5
Salted Caramel Brownie	1,958.0	1,370.0	468.0	327.0	3.5	2.4	54.8	38.3	43.2	30.2	25.2	17.6	13.9	9.7	0.0	0.0	0.2	0.2	0.6	0.4
Hazelnut Tiffin	2,331.0	1,613.0	561.0	392.0	6.2	4.3	48.7	34.0	33.8	23.6	35.6	24.9	15.5	10.8	0.0	0.0	0.1	0.7	0.2	0.2
White Choc Twizzle	423.0	203.0	3.0	1.0	80.0	38.0	59.0	29.0	10.0	5.0	6.0	3.0	0.3	0.1	0.0	0.0	0.1	0.0		
Millionaire Shortbread	474.0	355.0	3.4	2.6	52.0	39.0	35.8	27.0	28.4	21.0	13.8	10.0	0.8	0.6	0.2	0.2	0.6	0.5		
Brownie	498.0	398.0	4.6	4.0	45.0	36.0	36.0	29.0	34.0	27.0	22.0	18.0	0.5	0.5	0.2	0.2	0.5	0.4		
Toffee Crispie	522.0	251.0	5.9	1.9	59.3	26.5	38.7	18.6	30.7	14.7	16.8	9.0	0.9	0.4	0.3	0.1	0.8	0.4		
Fifteens	364.0	255.0	6.0	4.2	65.5	45.9	47.7	33.4	8.3	5.8	4.6	3.3	1.0	0.7	0.8	0.6	2.0	1.4		
Chocolate Muffin	1,801.0	1,981.1	419.0	460.9	5.1	5.6	50.6	55.7	35.1	38.6	23.0	25.3	5.9	6.5	2.9	3.2	0.17	0.19	0.41	0.45
Blueberry Muffin	1,194.0	1,313.4	341.0	375.1	5.6	6.2	40.8	44.9	16.2	17.8	12.3	13.5	16.2	17.8	5.6	6.2	0.18	0.20	0.42	0.46
Twizzles Stick Choc Mallow	1,781.0	748.0	423.0	178.0	4.5	2.0	72.0	31.0	69.0	29.0	13.0	5.0	8.0	3.0	0.3	0.2	0.0	0.0	0.1	0.0
Cinnamon Swirl	1,415.0	1,981.0	335.0	469.0	8.0	11.2	56.3	78.8	19.9	27.9	9.2	12.9	2.8	3.9	2.0	2.8	0.2	0.3	0.5	0.7
Cookie- Warm Chocolate Chunks	1,995.0	1,516.0	477.0	363.0	5.9	4.5	57.8	43.9	33.3	25.3	24.0	18.2	14.7	11.2	3.0	2.3	0.0	0.0	0.1	0.1
Luxury Fruit Bread	1,378.0	1,516.0	327.0	360.0	8.6	9.5	55.3	60.8	16.6	18.3	7.1	7.8	2.5	2.8	3.5	3.8	0.4	0.4	0.9	1.0
Raspberry & Pistachio Linzer biscuit	1,757.0	1,317.8	421.0	315.8	4.7	3.5	42.7	32.0	13.2	9.9	25.7	19.3	14.6	11.0	1.7	1.3	0.20	0.20		
Southpole Sam shortbread	2,135.0	918.1	511.0	219.7	4.3	1.8	56.4	24.3	31.5	13.5	29.8	12.8	13.4	5.8	1.6	0.7	0.2	0.1		
Croissant	1,773.0	1,046.0	424.0	250.0	8.0	4.7	45.0	26.6	6.7	4.0	23.0	13.6	15.0	8.9	2.6	1.5			1.2	0.7
Pain au Choc	1,742.0	1,149.0	417.0	275.0	8.2	5.4	45.0	29.7	11.0	7.3	22.0	14.5	14.0	9.2	2.9	1.9			1.0	0.7
Pain au Raisin	1,417.0	1,346.0	338.0	321.0	5.8	5.5	46.0	43.7	19.0	18.1	14.0	13.3	9.1	8.6	2.3	2.2			0.7	0.7
Christmas tree brownie	1,946.0	1,401.0	466.0	335.0	5.2	3.7	45.0	32.0	33.0	24.0	31.0	22.0	14.0	9.9	3.1	2.2	0.1	0.1	0.3	0.2