



Ireland Fresh Food Nutritional Information
Winter 2021

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	482.0	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- Warmed 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
Gingerbread Chocolate Biscuite Cake Tiffin	2202.0	1541.0	528.0	369.0	5.1	3.5	57	39.9	45.5	31.8	18.7	13	18.7	13	0	0	0.2	0.1	0.49	0.34
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	1781.0	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 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	2135.0	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	0.5	0.3	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	0.4	0.3	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
Chocolate Twist	1,462.0	1,111.0	349.0	265.0	6.0	4.6	46.0	35.0	21.0	16.0	15.0	11.4	9.4	7.1	2.9	2.2	0.3	0.2	0.7	0.5
Almond Croissant	1,516.0	1,061.0	362.0	253.0	8.5	6.0	41.8	29.3	15.5	10.9	17.5	12.3	7.7	5.4	1.7	1.2	0.3	0.2	0.8	0.6
Sea Salted Caramel Swirl	1,502.0	1,847.0	359.0	442.0	8.2	10.1	56.7	69.7	15.8	19.4	12.3	15.1	5.8	7.1	2.0	2.5	0.3	0.3	0.7	0.9
Valentine Shortbread	2,110.0	1,266.0	505.0	303.0	5.4	3.2	57.0	34.0	20.0	12.0	28.0	17.0	17.0	10.0	2.3	1.4	0.3	0.2	0.8	0.5
Loaf Carrot	1,500.0	1,350.0	359.0	323.0	4.2	3.8	46.0	42.0	32.0	28.0	17.7	15.9	3.3	3.0	2.8	2.5	0.2	0.2	0.6	0.6
Loaf Banana Bread	1,583.0	1,425.0	378.0	341.0	5.1	4.6	42.0	38.0	22.4	20.0	21.0	19.0	2.0	1.8	1.7	1.5	0.2	0.2	0.5	0.4
Vegan Chocolate Raspberry Cake	1,238.0	1,238.0	293.0	293.0	2.9	2.9	54.0	54.0	33.0	33.0	7.4	7.4	3.2	3.2	2.2	2.2	0.2	0.2	0.4	0.4
Granola Bar	1,815.0	1,450.0	435.0	350.0	6.6	5.3	56.4	45.1	32.2	25.8	20.0	16.0	7.7	6.2	4.7	3.8	0.1	0.1	0.4	0.3
Loaf Raspberry Coconut	1,719.0	1,547.0	411.0	370.0	4.1	3.7	47.0	42.0	30.0	27.0	24.0	22.0	15.0	13.0	0.7	0.6	0.2	0.2	0.4	0.4