



Ireland Fresh Food Nutritional Information  
Updated 04 March 2021

	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
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
Anniversary Biscuit	2,085.0	1,016.0	479.0	242.0	3.5	1.7	71.0	34.0	37.0	18.0	22.0	11.0	10.0	4.8	0.6	0.3	0.1	0.1	0.4	0.2
Birthday Cake Cookie	1,906.0	1,476.0	455.0	352.0	5.0	3.9	60.0	47.0	39.0	30.0	21.0	16.0	11.0	8.6	3.0	2.3	0.0	0.0	0.1	0.1
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
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
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
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
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
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
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
Easter Biscuit	2,138.0	1,610.0	512.0	385.0	6.6	5.0	55.0	41.0	24.0	18.0	29.0	22.0	16.0	12.0	2.2	1.7	0.3	0.2	0.7	0.5
Easter Nest Caramel Crispie	2,195.0	1,756.0	527.0	422.0	5.1	4.1	46.0	37.0	34.0	27.0	36.0	29.0	22.0	18.0	2.6	2.1	0.2	0.2	0.5	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
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
Lemon Muffin	1,527.0	1,679.7	368.0	404.8	5.6	6.2	47.8	52.6	28.0	30.8	16.6	18.3	3.1	3.4	3.5	3.9	0.2	0.2	0.4	0.5
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
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 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
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
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
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
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
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
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
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
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
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
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