

Valentines Caramel and Date Fruit Cake

Sultanas (30%), Dates (13%) (Dates , Rice Flour), Caramel (13%) (Sugar, Glucose Syrup, Sweetened Condensed MILK (MILK, Sugar, Lactose (MILK)), Water, Unsalted Butter (MILK), Golden Syrup (Partially Inverted Refiners Syrup), Palm Oil, Salt, Emulsifiers (E322 Lecithin (Sunflower, Rapeseed, SOYA), E491 Sorbitan Monostearate), Natural Flavouring), Butter (MILK), EGG, WHEAT Flour (Contains Calcium, Iron, Niacin, Thiamin), Sugar, Caramel Fudge Pieces (Sugar, Full Cream Condensed MILK, Fondant (Sugar, Glucose, Water), Glucose Syrup, Palm Oil, Water, Salt), PECAN NUTS, Rum (3%), Black Treacle, ALMONDS (NUTS), Marzipan (Sugar, ALMONDS (NUTS), Water, Invert Sugar Syrup, Glucose Syrup, Humectant: Sorbitol, Ethanol), Emulsifier: Vegetable Glycerine (E422), White Chocolate (Sugar, Whole MILK Powder, Cocoa Butter, Emulsifier : SOYA Lecithin (E322), Natural Flavouring), Sugar Hearts Decoration (Sugar, Potato Starch, Sunflower Oil, Rice Flour, Colours: E101, E120, E171. Glazing Agent: Shellac), Raising Agents: E500, E450 (WHEAT), Dark Chocolate (Cocoa Mass, Sugar, Emulsifier: SOYA Lecithin (E322), Natural Vanilla Flavouring), Mixed Spice, Gold Sugar Sprinkles (Sugar, Colour: E555, E172), Salt, Colour: E129

E129 may have an adverse effect on the attention and activity of children

Nutritional Information per 100g:

Energy 1775kJ/423kcal

Fat 17g

of which Saturates 7.9g

Carbohydrate 62g

of which Sugars 50g

Fibre 2.5g

Protein 4.5g

Salt 0.20g