

The Cornish Larder was created to champion the amazing food & drink being produced in Cornwall.

Dollop a spoonful of this festive chutney on a buttery cracker with local cheese and a side of grapes. The perfect end to an incredible festive day. Make your Christmas 'proper Cornish'!

  @thecornishlarder

[www.thecornishlarder.co.uk](http://www.thecornishlarder.co.uk)



**FOWEY  
VALLEY**  
CORNWALL  
EST 2012



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## FIGGY PUDDING CHUTNEY WITH FOWEY VALLEY BRANDY

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Ingredients: Beetroot (40%), Onions, Apples, **Red Wine Vinegar (sulphites)**, Dark Brown Sugar, **Dates (sulphites)**, **Sultanas (sulphites)**, **Cornish Mead (sulphites) (5%)**, Salt, Mixed Spices, Nigella Seeds, **Mustard seeds**.

Allergens advice: For allergens, see ingredients in bold.

Produced in a kitchen that handles all allergens.

Store in a cool dry place, once opened keep refrigerated and consume within 21 days.

Main	Per 100g serving
Energy	588kJ
Energy	140.54 kcal
Fat	0.2g
of which saturates	0.0g
Carbohydrates	29.1g
of which sugars	28.7g
Protein	1.7g
Salt	0.4g

227g 

Unit H1, Huers House, Tregony Ind Estate, TR2 5TL