

# Pancake Mix Ingredients and Nutritional Information

## Rocky Road Ingredients:

**WHEAT** Flour (calcium, Niacin, Iron and Thiamin), Wheatmeal biscuits [Wheat flour, Wholemeal Wheat Flour, Vegetable Oils (sustainable palm oil and Palm Stearin oil), Sugar, Glucose Syrup, Raising Agents (Sodium Carbonates, Ammonium Carbonates), Whey Powder (**MILK**), Wheat Bran, Invert Sugar Syrup, Salt], Milk Chocolate Chips [Minimum Cocoa Solids 33.6%] [sugar, cocoa butter, Milk powder, cocoa mass, emulsifier (**SOYA** lecithin), natural vanilla flavouring], Marshmallows [Glucose-Fructose Syrup, Sugar, Water, Pork Gelatine, Maize Starch, Colour (Beetroot Red), Natural Flavouring], Caster Sugar, Baking Powder [Raising Agents Disodium Diphosphate, Sodium Bicarbonate, Calcium Sulphate], Bicarbonate of Soda [Raising Agent Sodium Bicarbonate], Salt.

Typical values	per 100g	per 80g serving
Energy	1649kJ 390kcal	1313kJ 311kcal
Fat	8.9g	7.1g
of which saturates	4.4g	3.5g
Carbohydrate	71g	57g
of which sugars	20g	16g
Protein	7.1g	5.6g
Salt	1.7g	1.3g

## Triple Chocolate Chip Pancake Mix ingredients:

**Wheat** Flour (calcium, Niacin, Iron and Thiamin), White Chocolate Chips [sugar, cocoa butter, whole **Milk** powder, emulsifier, **Soya** lecithin, natural vanilla, flavouring], Dark Chocolate Chips [cocoa mass, sugar, fat reduced cocoa powder, emulsifier, soya lecithin, natural vanilla flavouring], Milk Chocolate Chips [sugar, cocoa butter, Milk powder, cocoa mass, emulsifier (soya lecithin), natural vanilla flavouring], Caster Sugar, Baking Powder [Raising Agents Disodium Diphosphate, Sodium Bicarbonate, Calcium Sulphate], Bicarbonate of Soda [Raising Agent Sodium Bicarbonate], Salt.

Typical values	per 100g	per 72g serving
Energy	1738kJ 411kcal	1253kJ 297kcal
Fat	12g	9.0g
of which saturates	7.3g	5.2g
Carbohydrate	67g	48g
of which sugars	19g	14g
Protein	7.9g	5.7g
Salt	1.6g	1.2g

## Banana and Milk Chocolate Pancake Mix ingredients:

**Wheat** Flour, Bananas, MILK Chocolate Chips [sugar,cocoa butter, whole milk powder, cocoa mass, **Soya** lecithin, natural vanilla flavouring], Caster Sugar, Baking Powder [Raising Agents Disodium Diphosphate, Sodium Bicarbonate, Calcium Sulphate, Bicarbonate of Soda [Raising Agent Sodium Bicarbonate], Salt.

Typical values	per 100g	per 75g serving
Energy	1634kJ 386kcal	1219kJ 288kcal
Fat	7.7g	5.7g
of which saturates	4.4g	3.3g
Carbohydrate	72g	53g
of which sugars	20g	15g
Protein	7.6g	5.7g
Salt	1.7g	1.3g

## Cherry and Dark Chocolate Pancake Mix ingredients:

**Wheat** Flour, Dark Chocolate Chips [Minimum Cocoa Solids 70.4%], Freeze Dried Cherries [100% Cherries], Desiccated Coconut [coconut, preservative: **Sulphur Dioxide**], Caster Sugar, Baking Powder [Raising Agents Disodium Diphosphate, Sodium Bicarbonate, Calcium Sulphate], Bicarbonate of Soda [Raising Agent Sodium Bicarbonate], Salt.

Typical values	per 100g	per 61g serving
Energy	1576kJ 373kcal	967kJ 229kcal
Fat	12g	7.3g
of which saturates	8.0g	4.9g
Carbohydrate	58g	36g
of which sugars	11g	6.6g
Protein	7.5g	4.6g
Salt	1.6g	0.96g

## Raspberry and White Chocolate Pancake Mix ingredients:

**Wheat** Flour (calcium, Niacin, Iron and Thiamin), White Chocolate Chips [Minimum Cocoa Solids 28%] [sugar, cocoa butter, whole **Milk** powder emulsifier (soya lecithin), natural vanilla flavouring], Caster Sugar, Freeze Dried Raspberries [100% raspberries], Baking Powder [Raising Agents Disodium Diphosphate, Sodium Bicarbonate, Calcium Sulphate], Bicarbonate of Soda [Raising Agent Sodium Bicarbonate], Salt.

Typical values	per 100g	per 70g serving
Energy	1686kJ 399kcal	1174kJ 278kcal
Fat	9.6g	6.7g
of which saturates	5.4g	3.8g
Carbohydrate	71g	50g
of which sugars	21g	15g
Protein	7.6g	5.3g
Salt	1.7g	1.2g

## Toffee Apple Pancake Mix ingredients: Ingredients:

**Wheat** Flour, Salted Caramel fudge [sugar, glucose syrup, skimmed sweetened condensed **milk**, partly hydrogenated palm kernel oil, fondant, sea salt, sunflower lecithin, flavouring], Dried Apples, Caster Sugar, Baking Powder, Bicarbonate of Soda, Salt.

Typical values	per 100g	per 72g serving
Energy	1544kJ 365kcal	1114kJ 263kcal
Fat	3.7g	2.7g
of which saturates	2.8g	2.0g
Carbohydrate	78g	56g
of which sugars	28g	20g
Protein	6.2g	4.5g
Salt	1.8g	1.3g

## Apple Crumble Pancake Mix Ingredients:

**Wheat** Flour (calcium, Niacin, Iron and Thiamin), Dried Apple pieces, **Oat** Granola [Oat Flakes, Golden Syrup (Invert Sugar Syrup), High Oleic Sunflower Oil, **Rye** Flakes, Sunflower Seeds, flavouring], Caster Sugar, Mixed spice [Cinnamon, Coriander, Nutmeg, Clove, Ginger], Baking Powder [Raising Agents Disodium Diphosphate, Sodium Bicarbonate, Calcium Sulphate], Bicarbonate of Soda [Raising Agent Sodium Bicarbonate], Salt.

Typical values	per 100g	per 68g serving
Energy	1537kJ 363kcal	1047kJ 247kcal
Fat	4.1g	2.8g
of which saturates	0.6g	0.4g
Carbohydrate	75g	51g
of which sugars	18g	12g
Protein	7.6g	5.2g
Salt	1.7g	1.2g