

Thank you for your interest in our Lottie Shaw's hamper. Please find listed below the nutritional and allergen information for all of the treats in our hamper. All of our products are individually packaged and the information is also clearly printed on the back of every product.

If you require any information in relation to allergens or other dietary requirements, please contact us prior to purchase

Best wishes, Lottie x

Name of Product	Yorkshire Parkin
Ingredients	<p><b>Oatmeal</b>, (21%), Brown sugar, Partially Inverted syrup, <b>Milk</b>, <b>Wheat flour</b> (Wheat Flour, fortified with Calcium Carbonate, Iron, Niacin Thiamine), margarine (Vegetable Oils, (Rapeseed Oil, Palm Oil in various proportions, RSPO SOURCED) water, salt, Emulsifier Polyglycerol esters of fatty acids, colours Curcumin, Annatto, Flavourings.) Black treacle, (2%), Ginger, Raising Agent Sodium Bicarbonate.</p> <p>Allergens shown in <b>BOLD</b></p>

**Nutrition Labelling - Typical value Per 100g/100ml**

Energy (kj)	1563kj	Energy (kcal)	371kcal	Salt	0.2g
Fat	9.9g	of which saturates	4.2g		
Carbohydrate	65.6g	of which sugars	43.7g		
Fibre	2.0g	Protein	4.7g		

Name of Product	Yorkshire Parkin Biscuits
Ingredients	<p><b>Wheat flour</b> (<b>Wheat flour</b> fortified with Calcium Carbonate, Iron, Niacin and Thiamine), (27%) Demerara sugar (27%), <b>Oatmeal</b> (12.4%), Margarine, (vegetable oils (rapeseed and palm oil in various proportions (RSPO SOURCED), Water (1%), salt, Emulsifiers Polyglycerol Esters of Fatty Acids Colours E100. E160b, Flavourings, 14%) partially inverted syrup (11%), Free Range <b>Egg</b> (3%), Black Treacle (3%), Ginger (1.5%), Raising Agents; Sodium Bicarbonate (1.5%).</p> <p>Allergens shown in <b>BOLD</b></p>

Energy (kj)	1879kj	Energy (kcal)	447kcal	Salt	0.4g
Fat	13.9g	of which saturates	5.1g		
Carbohydrate	74.6g	of which sugars	40.7g		
Fibre	2.1g	Protein	6.9g		

Name of Product	Traditional Fruit Cake
Ingredients	<p>Ingredients</p> <p>Currants,(22%) Sultans, (12%) Raisins (8.5%) (sunflower oil), Cherries ( 5%) (Glucose-fructose syrup, sugar, Citric acid, preservatives potassium sorbate, <b>Sulphur dioxide</b>, Colour Erythrosine), orange juice, <b>Wheat flour</b> (fortified with calcium carbonate, iron, niacin, Thiamine), salt, mixed spice (coriander, cinnamon, ginger, nutmeg, fennel, cloves, cardamom, Mixed peel (2.5%) (Glucose-fructose syrup, orange peel, inverted sugar, lemon peel, Acidity Regulator; citric acid, Preservative <b>Sulphur Dioxide</b>) Brown sugar, black treacle, Butter contains (<b>milk</b>), Free range <b>Eggs</b>, lemon juice.</p> <p>Allergens shown in <b>BOLD</b></p>

**Nutrition Labelling - Typical value Per 100g/100ml**

Energy (kj)	1433.1kj	Energy (kcal)	340.5kcal	Salt	0.49g
Fat	13.6g	of which saturates	6.3g		
Carbohydrate	54.0g	of which sugars	44.6g		
Fibre		Protein	4.1g		

Name of Product	Cherry & Almond Flapjack
Ingredients	<p><b>INGREDIENTS: Rolled Oats</b> (41%), Partially Inverted Syrup, Margarine (Vegetable Oil (palm and rapeseed in various proportions, RSPO SOURCED), water, salt, Emulsifiers Polyglycerol esters of fatty acids, colours, (Curcumin, Annatto), Flavourings), Demerara sugar, Glazed Cherries (7.5%) (Glucose syrup, Sugar, Acidity regulator, (Citric Acid), Preservative (Potassium Sorbate, <b>Sulphur Dioxide</b>), Colour (Erythrosine), <b>Almond</b> Flavouring, (Sunflower oil, firming agent, (Xanthan Gum), Acidity regulator; (Citric Acid), Preservative (Potassium Sorbate).  May contain <b>Wheat and traces of Nuts</b></p> <p>Allergens shown in <b>BOLD</b></p>

**Nutrition Labelling - Typical value Per 100g/100ml**

Energy (kj)	1815kj	Energy (kcal)	433kcal	Salt	0.6g
Fat	19.6g	of which saturates	6.4g		
Carbohydrate	61.6g	of which sugars	39.4g		
Fibre		Protein	4.4g		

Name of Product	Traditional Oat Flapjack
Ingredients	<p><b>INGREDIENTS: Rolled Oats (43.4%)</b>  Partially Inverted Syrup, Margarine (Vegetable Oil (palm and rapeseed in various proportions (RSPO SOURCED), Water, Salt, Emulsifier (Polyglycerol esters of fatty acids), Colours (Curcumin, Annatto), Flavouring, Demerara sugar, Butter flavour, (Preservative, <b>Sulphur dioxide, Sulphites</b>).</p> <p>Allergens shown in <b>BOLD</b></p>

**Nutrition Labelling - Typical value Per 100g/100ml**

Energy (kj)	1842kj	Energy (kcal)	439kcal	Salt	0.4g
Fat	20.2g	of which saturates	6.5g		
Carbohydrate	61.1g	of which sugars	34.2g		
Fibre		Protein	5.2g		

Name of Product	Millionaire Flapjack
Ingredients	<p>INGREDIENTS:</p> <p>Flapjack Base</p> <p><b>Rolled Oats</b> (43.4%), Partially Inverted Syrup, Margarine Vegetable Oil (palm and rapeseed in various proportions,), Water, Salt, Emulsifier, E475 Colours, E100, E160b Demerara sugar, Butter flavour, (Preservative E220 <b>Sulphites</b>).</p> <p>Milk Chocolate Couverture, (Sugar, Cocoa Butter, Whole milk powder (<b>Milk</b>), Cocoa Mass, Emulsifiers, <b>Soya Lecithin</b>, E322 Natural Vanilla, Cocoa solids, 35.1%, <b>Milk Solids</b> 21.8%.)</p> <p>Caramel, Sugar, Glucose syrup, Sweetened Condensed <b>Milk</b>, Water, Unsalted Butter (contains <b>Milk</b>), partially inverted syrup, Vegetable Oil (palm and rapeseed in various proportions RSPO Sourced), Salt, Emulsifiers, <b>Soya Lecithin</b>, E322, Natural vanilla, Cocoa solids 35.1% <b>Milk</b> solids 21.8%</p> <p>Allergens shown in <b>BOLD</b></p>

**Nutrition Labelling - Typical value Per 100g/100ml**

Energy (kj)	2061kj	Energy (kcal)	492kcal	Salt	0.4g
Fat	23g	of which saturates	13g		
Carbohydrate	67g	of which sugars	48g		
Fibre	4g	Protein	8g		