

# 18 CLASSIC MACARONS (360g e)

**Ingredients:** (for allergens see ingredients in **bold**)

Sugar, **ground almonds**, **free range eggs**, Belgian chocolate (sugar, cocoa mass, cocoa butter, whole **milk** powder, emulsifier: **soya** lecithin, natural vanilla flavouring), cream (from cow's **milk**), butter (from cow's **milk**), lemon juice, raspberries, dried raspberries, strawberries, dried strawberries, natural vanilla essence, **pistachio nuts**, lemon zest, passion fruit juice, natural rose syrup, natural rose essence, natural violet syrup, wild cherries in syrup (wild cherries, sugar, glucose syrup, wild cherry juice, citric acid), organic dried sour cherries, natural violet essence, lime juice, fresh mint, natural spearmint essence, ground coffee beans, organic coffee extract, blood orange juice, natural orange essence, **hazelnuts**, **pecan nuts**, blackcurrant puree, blackcurrant powder, maple syrup, cinnamon, cardamom, Maldon sea salt. Shells contain food colours less than 0.2% by weight, each macaron may contain up to five of the following: (E422, E1520, E551, E122\*, E104\*, E133, E102\*, E124\*, E129, E155, E110\*, E131). Gluten free and vegetarian. \*May have an adverse effect on activity and attention in children.

## **Nutrition per 100g**

Energy 1067Kj, 384kcal, fat 20.1g, of which saturates 8.6g, carbohydrates 47g, of which sugars 42g, fibre 3g, protein 6g, salt 0.4g. A single serving of 1 macaron (20g) = 78 (kcal)