

Baking Mix Ingredients & Nutritional Information

Spotty Dotty

Self-Raising Flour (**Wheat**), Brown Sugar, Smarties (**Wheat, Milk**), Cocoa Powder.

As sold

Typical values	per 100g	per 57g serving
Energy	1597kJ 379kcal	910kJ 216kcal
Fat	4.6g	2.6g
of which saturates	2.3g	1.3g
Carbohydrate	77g	44g
of which sugars	44g	25g
Protein	5.7g	3.2g
Salt	0.05g	0.03g

White Chocolate & Cranberry

Wheat Flour, Soft Light Brown Sugar, Belcolade White Chocolate Chunks, Dried Cranberries, Baking Powder.

As sold

Typical values	per 100g	per 23g serving
Energy	1672kJ 397kcal	388kJ 92kcal
Fat	6.8g	1.6g
of which saturates	3.9g	0.9g
Carbohydrate	79g	18g
of which sugars	47g	11g
Protein	5.1g	1.2g
Salt	0.27g	0.06g

Spiced Flapjack

Oats, Wheat Flour, Sugar, Raisins (**Sulphites**), Dark Brown Soft Sugar, Mixed Spice, Bicarbonate of Soda, Salt.

As sold

Typical values	per 100g	per 21g serving
Energy	1502kJ 357kcal	317kJ 75kcal
Fat	2.0g	0.4g
of which saturates	0.4g	0.1g
Carbohydrate	77g	16g
of which sugars	48g	10g
Protein	6.2g	1.3g
Salt	0.67g	0.14g

Double Chocolate Chip

Wheat Flour, Belcolade Dark Chocolate Chunks, Belcolade White Chocolate Chunks, Dark Brown Soft Sugar, Sugar, Ircá Cocoa Powder, Bicarbonate of Soda, Salt.

As sold

Typical values	per 100g	per 36g serving
Energy	1770kJ 421kcal	639kJ 152kcal
Fat	12g	4.5g
of which saturates	7.4g	2.7g
Carbohydrate	70g	25g
of which sugars	44g	16g
Protein	6.5g	2.3g
Salt	0.60g	0.22g

Chocolate Brownie

Caster Sugar, Brown Sugar, **Wheat** Flour, Belcolade Dark Chocolate Chunks, Cocoa Powder.

As sold

Typical values	per 100g	per 60g serving
Energy	1674kJ 398kcal	1004kJ 239kcal
Fat	6.8g	4.1g
of which saturates	4.1g	2.4g
Carbohydrate	79g	47g
of which sugars	65g	39g
Protein	4.3g	2.6g
Salt	0.02g	0.01g