

# 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<br>390kcal | 1313kJ<br>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<br>411kcal | 1253kJ<br>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<br>386kcal | 1219kJ<br>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<br>373kcal | 967kJ<br>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<br>399kcal | 1174kJ<br>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<br>365kcal | 1114kJ<br>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<br>363kcal | 1047kJ<br>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              |

## Mince Pie Flavour Pancake Mix Ingredients:

**Wheat** Flour (calcium, Niacin, Iron and Thiamin), Sultanas (cotton seed oil), Raisins (cotton seed oil), Candied Citrus Peel (Orange Peel, Glucose-Fructose syrup, Lemon Peel, Sugar, Acidity regulator (Citric Acid), Preservatives (Potassium Sorbate, **Sulphur Dioxide**)), Caster Sugar, Mixed Spice (Cinnamon, Coriander Seeds, Nutmeg, Whole Cloves, Pimento, Ginger), Baking Powder [Raising Agents: Disodium Diphosphate, Sodium Bicarbonate, Calcium Sulphate], Bicarbonate of Soda [Raising Agent: Sodium Bicarbonate], Salt.

| Typical values     | per 100g          | per 73g serving  |
|--------------------|-------------------|------------------|
| Energy             | 1368kJ<br>321kcal | 999kJ<br>235kcal |
| Fat                | 1.1g              | 0.8g             |
| of which saturates | 0.3g              | 0.2g             |
| Carbohydrate       | 72g               | 53g              |
| of which sugars    | 26g               | 19g              |
| Protein            | 6.3g              | 4.6g             |
| Salt               | 1.6g              | 1.2g             |