

## We Love Cake Breakfast Muffin Gluten Free - Information

Individually wrapped. Sweet muffin with dried fruit and cinnamon, topped with oats and seeds. Wheat, gluten and milk-free. Suitable for vegetarians and coeliacs. Defrosted shelf-life = 28 days. (1 x 8)

**TFS Product Code:** 028866  
**Suppliers Product Code:**  
**Information Last Updated:** 04/07/2024  
**Date Produced:** 19/04/2025



### Allergy Information

Key: **Contains** **May Contain**



Sesame



Gluten



Crustaceans



Eggs



Lupin



Nuts



Milk



Celery



Sulphur Dioxide



Soya



Cereal



Peanuts



Fish



Molluscs



Mustard

### Nutritional Information

Serving Unit:	100g or 100ml
Energy (kcal)	399.00
Energy (kJ)	1673.00
Protein (g)	6.10
Carb (g)	52.70
Of Which Sugars (g)	22.00
Fat (g)	17.40
Of Which Saturates (g)	2.20
Fibre (g)	3.80
Salt (g)	0.34

### Dietary Information

Key: **Suitable for**



Kosher



Vegetarian



Halal



Vegan

**Please Note:** This information has been supplied by manufacturers and other third parties to Thompsons Food Service Ltd. Whilst we take steps to ensure the information is correct and regularly updated, we give no warranty and no guarantee to the accuracy of this information. Product information and ingredients may change; please always read product labels carefully in addition to this document for accuracy. Please also consider changes to ingredients when products have been substituted.

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## Ingredients

EGG, Rapeseed Oil, Sugar, Rice Flour, Gluten-Free OATS (9%), Oligofructose, Glucose Syrup, Dried Apricots (4%), Tapioca Starch, Raisins (4%), Pumpkin Seeds (3%), Dates (2%), Dried Sweetened Cranberries (2%) (Cranberries, Sugar), Water, Cinnamon, Raising Agents (Sodium Bicarbonate, Calcium Phosphates), Emulsifier (Mono- and Diglycerides of Fatty Acids), Flavouring, Preservatives (Potassium Sorbate, Calcium Propionate), Linseed, Salt, Thickener (Xanthan Gum), Acidity Regulator (Acetic Acid).

## Handling Information

### Directions for Use

From Frozen unless otherwise stated Defrost at room temperature for 6 hours. Once defrosted do not refreeze. Once defrosted, label each individual product with Best Before Date: Day of defrost + 28 days.

### Storage Instructions

Keep Frozen. Store at -18°C or below

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