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# GLUTEN FREE COURGETTE & AVOCADO FLAVOUR CAKE 1 x 12 PRE-PORTIONED

Gluten Free Courgette & Avocado Flavour Cake 1 X 12 Pre-portioned 1x1700g

PRODUCT DESCRIPTION

A round moist gluten free courgette and avocado flavour cake, filled and topped with sweet avocado flavour frosting and decorated with a sprinkling of pistachio nuts and cornflower petals. This gateau is pre-portioned into 12 portions and packed 1 gateau per outer.

Brand	C D T Sidoli (Welshpool) Limited
Manufacturer Product Code	59231
Product Type	Food
Product Category	Desserts
Storage Type	Frozen
Erudus ID	7a17d3683e7d439f96ab880cb4060732
Specification Type	Generic



Outer Case GTIN5015091592315



INGREDIENTS

**Ingredient Declaration**  
Brown sugar, gluten free flour blend (flours (rice, potato, tapioca, maize, buckwheat), raising agents (mono-calcium phosphate, sodium bicarbonate), thickener (xanthan gum)), sugar, EGG, rapeseed oil, margarine (palm oil, rapeseed oil, water, emulsifier (mono- and diglycerides of fatty acids), natural flavouring), courgette (7%), glucose syrup, pineapple, dark muscovado sugar, raisins, sultanas, desiccated coconut, PISTACHIO NUTS, emulsifier (glycerol), cinnamon, mixed spice, raising agent (sodium bicarbonate), thickener (xanthan gum), natural flavouring, cornflower petals, colours (curcumin, sodium copper chlorophyllin).  
\*\* This product may contain nut shell and/or shell particles\*\*

ALLERGENS

Product Contains:

Celery/Celeriac	No
Cereals Containing Gluten	No
Barley	No
Oats	No
Rye	No
Wheat (including Spelt and Khorasan)	No
Crustacea	No
Eggs	Yes
Fish	No
Lupin	No
Milk	May Contain
Molluscs	No

Mustard	No
Nuts (Tree)	Yes
Almond nuts	May Contain
Brazil nuts	No
Cashew nuts	No
Hazelnuts	May Contain
Macadamia (Queensland) nuts	No
Pecan nuts	May Contain
Pistachio nuts	Yes
Walnuts	May Contain
Peanuts	No
Sesame Seeds	No
Soybeans	No
Sulphur Dioxide and Sulphites	No

DIET  
SUITABILITY

NUTRITIONAL  
INFORMATION

HANDLING &  
STORAGE  
INFORMATION

ORIGIN

Risk Source:

Milk (Risk Source)	Factory	Almond nuts (Risk Source)	Factory
Hazelnuts (Risk Source)	Factory	Pecan nuts (Risk Source)	Factory
Walnuts (Risk Source)	Factory		

Additional Allergen Information

MADE IN A FACTORY THAT ALSO HANDLES THE FOLLOWING ALLERGENS: MILK AND OTHER NUTS

Vegan Diet	No	Vegetarian Diet	Suitable for
Halal Diet	No	Kosher Diet	No

Nutrient	per 100g	RI per 100g	per 142g serving	RI per 142g serving
Energy (kJ)	1711 kJ	20%	2429.6 kJ	29%
Energy (kcal)	409 kcal	20%	580.8 kcal	29%
Fat	22 g	31%	31.2 g	45%
of which Saturates	4.2 g	21%	6 g	30%
Carbohydrate	51 g	20%	72.4 g	28%
of which Sugars	37 g	41%	52.5 g	58%
Fibre	0.8 g		1.1 g	
Protein	2.7 g	5%	3.8 g	8%
Salt	0.4 g	7%	0.6 g	10%

Serving Size	142 g
Number of Servings	12 Servings

Source of Nutritional Information

Calculation from known/accepted datasets

Directions For Use

HANDLING INSTRUCTIONS: Defrost prior to serving. Store in a gluten free environment. Keep in an airtight container once defrosted. Use within 72 hours of defrost. Do not re-freeze once defrosted. DEFROSTING INSTRUCTIONS: Whole: Remove all packaging, including the cakeboard, place on a serving platter, cover and defrost under refrigeration (8°C or below) for approximately 8 hours in a gluten free environment. Portion: Remove portion and then place on a plate, cover and defrost under refrigeration (8°C or below) for approximately 2 hours in a gluten free environment.

Storage Instructions

At or below -18°C (0°F)

Product Country of Origin	United Kingdom
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Additional Origin Details

N/A

Origin of the Primary Ingredient

CONTACT  
INFORMATION

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