

Fruit Pocket

Total ingredient (raw) weight: 262.26 g
 Total (cooked) weight: 262.26 g
 Weight change: 20.00 %

| Nutrition Information | | |
|-----------------------|------------------------------|----------------------------|
| Servings per package: | 1.00 | |
| Serving size: | 80.00 g | |
| | Average Quantity per Serving | Average Quantity per 100 g |
| Energy | 442 kJ | 552 kJ |
| Protein | 2.6 g | 3.2 g |
| Fat, total | 0.2 g | 0.2 g |
| - saturated | 0.0 g | 0.0 g |
| Carbohydrate | 22.4 g | 28.1 g |
| - sugars | 0.9 g | 1.1 g |
| Sodium | 190 mg | 237 mg |

Ingredient name: Gluten Free Mix (C)

Amount: 100.00 g

Energy: 1439 kJ **Fat, total:** 0.6 g **Carbohydrate:** 73.2 g **Sodium:** 622 mg
Protein: 8.4 g **Fat saturated:** 0.1 g **Sugars:** 2.5 g

Ingredient name: Water, tap
01B10176

Amount: 161.60 ml **Specific gravity:** 1.00

Energy: 0 kJ **Fat, total:** 0.0 g **Carbohydrate:** 0.0 g **Sodium:** 0 mg
Protein: 0.0 g **Fat saturated:** 0.0 g **Sugars:** 0.0 g

Ingredient name: Sultana, dried
06D10336

Amount: 0.15 g

Energy: 1388 kJ **Fat, total:** 0.4 g **Carbohydrate:** 75.0 g **Sodium:** 36 mg
Protein: 2.8 g **Fat saturated:** 0.1 g **Sugars:** 73.2 g

Ingredient name: Date, dried
06C10144

Amount: 0.15 g

Energy: 1283 kJ **Fat, total:** 0.2 g **Carbohydrate:** 67.2 g **Sodium:** 14 mg
Protein: 2.0 g **Fat saturated:** 0.1 g **Sugars:** 65.9 g

Ingredient name: Apricot, dried
06C10140

Amount: 0.15 g

Energy: 927 kJ **Fat, total:** 0.2 g **Carbohydrate:** 43.5 g **Sodium:** 39 mg
Protein: 4.5 g **Fat saturated:** 0.1 g **Sugars:** 42.4 g

Ingredient name: Sugar, white, granulated or lump
12A10050

Amount: 0.09 g

Energy: 1700 kJ **Fat, total:** 0.0 g **Carbohydrate:** 100.0 g **Sodium:** 0 mg
Protein: 0.0 g **Fat saturated:** 0.0 g **Sugars:** 100.0 g

Ingredient name: Spice, mixed spice (cinnamon, nutmeg & cloves)
10E10075

Amount: 0.06 g

Energy: 1468 kJ **Fat, total:** 16.1 g **Carbohydrate:** 27.2 g **Sodium:** 66 mg
Protein: 5.2 g **Fat saturated:** 0.8 g **Sugars:** 11.9 g

Ingredient name: Yeast, dried
10F30009

Amount: 0.02 g

Energy: 1274 kJ **Fat, total:** 5.0 g **Carbohydrate:** 11.3 g **Sodium:** 170 mg
Protein: 40.1 g **Fat saturated:** 0.6 g **Sugars:** 0.0 g

Ingredient name: Vinegar
10F20063

Amount: 0.02 ml **Specific gravity:** 1.01

Energy: 57 kJ **Fat, total:** 0.0 g **Carbohydrate:** 0.0 g **Sodium:** 5 mg
Protein: 0.1 g **Fat saturated:** 0.0 g **Sugars:** 0.0 g

Ingredient name: Oil, blend of polyunsaturated vegetable oils
04C10072

| | | | | | | | |
|-----------------|---------|--------------------------|---------|----------------------|-------|----------------|------|
| Amount: | 0.02 ml | Specific gravity: | 0.92 | | | | |
| Energy: | 3700 kJ | Fat, total: | 100.0 g | Carbohydrate: | 0.0 g | Sodium: | 0 mg |
| Protein: | 0.0 g | Fat saturated: | 15.2 g | Sugars: | 0.0 g | | |

NOTE: All nutrient values shown above for these ingredients are per 100g EP

Working values may differ from final NIP due to rounding.

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