

Autumn

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Fresh Food Nutritionals Netherlands

Item Number	Muffins	Supplier	Product Suitable for		Made using ingredients that are			Energy (kJ)		Energy (kcal)		Fat (g)		of which are saturates (g)		Carbohydrates (g)		of which are sugars (g)		Protein (g)		Fibre (g)		Sodium (g)		Equivalent as salt (g)	
			Vegetarian	Vegan	Wheat Free	Gluten Free	Dairy Free	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit
11052121	BLUEBERRY MUFFIN	Rich	Y	N	N	N	N	1622	1979	387	472	19.4	23.6	4.2	5.1	47.1	57.4	21.6	26.3	5.4	6.6	1.4	1.7	0.15	0.18	0.37	0.45
11052119	TRIPLE CHOCOLATE MUFFIN FILLED	Rich	Y	N	N	N	N	1687	1991	403	476	20.1	23.7	6.9	8.1	48.2	56.9	30.2	35.6	6.2	2.3	2.3	2.7	0.11	0.14	0.30	0.40
11052120	LEMON POPPYSEED MUFFIN	Rich	Y	N	N	N	N	1509	1977	359	470	13.7	17.9	1.6	2.1	53.4	70.0	32.7	42.8	4.7	6.2	1.8	2.4	0.14	0.18	0.34	0.45
11055126	APPLE WALNUT CINNAMON MUFFIN	Rich	Y	N	N	N	N	1579	1990	378	476	20.3	25.6	2.4	3.0	45.4	57.2	23.3	29.4	5.2	6.6	1.6	2.0	0.10	0.13	0.30	0.38
11052122	SKINNY BLUEBERRY MUFFIN	Rich	Y	N	N	N	N	1100	1320	260	312	2.4	2.9	1.1	1.3	55.0	66.0	20.2	24.2	3.9	4.7	1.2	1.4	0.30	0.36	0.75	0.90
Item Number	Bar & Shortbread	Supplier	Product Suitable for		Made using ingredients that are			Energy (kJ)		Energy (kcal)		Fat (g)		of which are saturates (g)		Carbohydrates (g)		of which are sugars (g)		Protein (g)		Fibre (g)		Sodium (g)		Equivalent as salt (g)	
			Vegetarian	Vegan	Wheat Free	Gluten Free	Dairy Free	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit
11054165	HONEY AND NUT BAR	Ina's	Y	N	N	N	N	2097	1468	503.0	352.0	31.2	21.8	12.2	8.5	48.9	34.2	26.6	18.6	8.9	6.2			0.18	0.13	0.5	0.3
11053148	CARAMEL SHORTBREAD SLICE	Ina's	Y	N	N	N	N	2085	1668	499	399	27.9	22.3	17.0	13.6	57.5	46.0	33.4	26.7	5.5	4.4			0.10	0.10	0.30	0.30
11052439	GRANOLA BAR	Cakehead	Y	N	N	N	N	1815	1450	435	350	20.0	16.0	7.7	6.2	56.4	45.1	32.1	25.7	6.6	5.3	4.7	3.8	0.10	0.10	0.30	0.30
11003642	BAR ROCKY ROAD	Ina's	Y	N	N	N	N	2230	1673	535	401	33.1	24.8	19.1	14.3	56.1	42.1	25.5	19.1	5.6	4.2			0.10	0.10	0.30	0.30
Item Number	Cookies	Supplier	Product Suitable for		Made using ingredients that are			Energy (kJ)		Energy (kcal)		Fat (g)		of which are saturates (g)		Carbohydrates (g)		of which are sugars (g)		Protein (g)		Fibre (g)		Sodium (g)		Equivalent as salt (g)	
			Vegetarian	Vegan	Wheat Free	Gluten Free	Dairy Free	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit
11019549	COOKIE WHITE RASPBERRY CHOC (BAKE OFF)	Rich	Y	N	N	N	N	1682	1682	399	399	12.6	12.6	5.6	5.6	66.3	66.3	42.9	42.9	5.2	5.2	2.4	2.4	0.27	0.27	0.68	0.68
11019550	COOKIE OATMEAL RAISIN (BAKE OFF)	Rich	Y	N	N	N	N	1613	1452	383	345	13.4	12.1	5.2	4.7	60.7	54.6	39.0	35.1	5.0	4.5	5.5	4.9	0.26	0.23	0.65	0.59
11019548	COOKIE CHOCOLATE CRUNCH (BAKE OFF)	Rich	Y	N	N	N	N	1779	1779	423	423	15.4	15.4	9.2	9.2	64.6	64.4	36.1	36.1	5.3	5.3	2.6	2.6	0.19	0.19	0.48	0.48
11047602	DARK CHOCOLATE CHUNK COOKIE	Rich	Y	N	N	N	N	1997	1578	477	377	23.2	18.3	14.2	11.2	60.4	47.7	41.2	32.6	5.8	4.58	1.6	1.3	0.11	0.09	0.28	0.22
11054746	MAPLE AND PECAN COOKIE	Rich	Y	N	N	N	N	1991	1513	474	360	28.2	21.4	10.6	8.1	50.3	38.2	27.5	20.9	5.6	4.3	1.8	1.4	0.1	0.1	0.40	0.3
011048151	RASPBERRY WHITE CHOCOLATE COOKIE	Rich	Y	N	N	N	N	1900	1520	453	370	20.3	16.2	12.6	10.1	60.7	48.6	43.0	34.4	5.6	4.5	2.7	2.2	0.19	0.2	0.48	0.4
Item Number	Brownies	Supplier	Product Suitable for		Made using ingredients that are			Energy (kJ)		Energy (kcal)		Fat (g)		of which are saturates (g)		Carbohydrates (g)		of which are sugars (g)		Protein (g)		Fibre (g)		Sodium (g)		Equivalent as salt (g)	
			Vegetarian	Vegan	Wheat Free	Gluten Free	Dairy Free	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit
11053145	Gluten Free Brownie	Cakehead	Y	N	Y	Y	N	1870	1310	450	315	29.9	20.9	16.9	11.8	34.9	24.4	33.1	23.1	5.2	3.6	2.9	2.0	0.17	0.12	0.40	0.30
	Luxurious Chocolate Chip Gluten Free Brownie	Cakehead	Y	N	Y	Y	N	1830	1280	440	310	28.8	20.2	15.8	11.0	35.6	25.0	34.0	23.8	5.2	3.6	2.7	1.9	0.2	0.1	0.40	0.3
Item Number	Cakes	Supplier	Product Suitable for		Made using ingredients that are			Energy (kJ)		Energy (kcal)		Fat (g)		of which are saturates (g)		Carbohydrates (g)		of which are sugars (g)		Protein (g)		Fibre (g)		Sodium (g)		Equivalent as salt (g)	
			Vegetarian	Vegan	Wheat Free	Gluten Free	Dairy Free	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit
11039834	LEMON LOAF CAKE	CSM	Y	N	N	N	N	1850	1665	443	399	25.3	22.8	6.8	6.1	47.8	43.0	28.4	25.6	5.3	4.8	1.4	1.3	0.00	0.00	0.01	0.01
11039833	MARBLE LOAF CAKE	CSM	Y	N	N	N	N	1781	1603	426	383	23.5	21.1	7.1	6.4	46.9	42.2	30.2	27.1	5.7	5.0	2.3	2.0	0.00	0.00	0.01	0.01
11055148	WALNUT AND BANANA LOAF CAKE	CSM	Y	N	N	N	N	1656	1424	395	340	17.9	15.4	2.5	2.2	52.0	45.2	35.0	28.4	5.1	4.5	2.2	1.2	0.11	0.10	0.29	0.26
11005563	GINGER LOAF CAKE	CSM	Y	N	N	N	N	1525	1556	362	369	11.0	11.2	3.0	3.1	63.3	64.5	44.0	44.9	3.0	3.1	1.3	1.3	0.2	0.2	0.5	0.5
11046329	CARROT CAKE	MOC	Y	N	N	N	N	1663	2743	398	657	4.9	8.0	40.7	67.2	28.7	47.4	24.0	39.6	6.1	10.0	1.0	1.6	0.20	0.30	0.50	0.76
11046330	NEW YORK CHEESECAKE	MOC	Y	N	N	N	N	1357	2145	325	514	4.6	7.3	32.4	51.1	21.0	33.1	19.7	31.1	10.9	17.2	0.7	1.2	0.24	0.38	0.61	0.97
11049718	RASPBERRY VANILLA CHEESECAKE	MOC	Y	N	N	N	N	1272	1742	304	417	17.4	23.8	11.2	15.4	32.8	44.9	22.2	30.5	4.2	5.7	0.9	1.3	0.21	0.29	0.59	0.74
11049629	APPLE PIE	MOC	Y	N	N	N	N	1029	1607	245	382	8.8	13.7	4.6	7.2	38.9	60.8	23.8	37.2	2.5	4.0	1.8	2.7	0.03	0.05	0.08	0.12

11046332	TRIPLE CHOC CAKE	MOC	Y	N	N	N	N	1713	2604	409	622	5.9	9.0	49.1	74.6	41.9	63.7	21.0	32.0	8.4	12.8	2.6	4.0	0.20	0.30	0.61	0.97
Item Number	Pastries, Danish & Donuts	Supplier	Product Suitable for		Made using ingredients that are			Energy (kJ)		Energy (kcal)		Fat (g)		of which are saturates (g)		Carbohydrates (g)		of which are sugars (g)		Protein (g)		Fibre (g)		Sodium (g)		Equivalent as salt (g)	
			Vegetarian	Vegan	Wheat Free	Gluten Free	Dairy Free	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit
11038913	CROISSANT PREMIUM	Bridor	Y	N	N	N	N	1665	999	400	240	21.1	12.7	13.5	8.1	44	26.4	7.6	4.6	8.3	5	1.8	1.1	0.49	0.29	1.22	0.73
11038914	PAIN AU CHOCOLAT	Bridor	Y	N	N	N	N	1885	1320	450	315	23.3	16.3	14.8	10.4	52.0	36.4	18.1	12.7	8.4	5.9	3.2	2.2	0.43	0.30	1.07	0.75
11020534	CROISSANT PREMIUM (BAKE OFF)	Unibake	Y	N	N	N	N	1420	994	339	237	17.6	12.3	12.0	8.4	38.5	26.9	5.3	3.7	7.1	5.0	1.2	0.8	0.39	0.27	0.97	0.68
11020532	PAIN AU CHOCOLATE PREMIUM (BAKE OFF)	Unibake	Y	N	N	N	N	1458	1093	348	261	18.7	14.0	12.6	9.5	37.9	28.4	9.4	7.0	7.7	5.8	1.5	1.1	0.34	0.25	0.84	0.63
11020533	PAIN AU RAISIN (BAKE OFF)	Unibake	Y	N	N	N	N	1237	1299	296	310	14.1	14.8	9.6	10.0	36.9	38.7	13.7	14.4	5.7	6.0	0.9	1.0	0.21	0.22	0.52	0.55
1115776	ROLL CINNAMON SWIRL (BAKE OFF)	Bakemark	Y	N	N	N	N	1712	1712	408	408	19.3	19.3	11.1	11.1	54.2	54.2	23.6	23.6	5.4	5.4	1.7	1.7	0.27	0.27	0.68	0.68
11020535	DANISH PASTRY PECAN NUT (BAKE OFF)	Unibake	Y	N	N	N	N	1670	1690	400	405	27.0	27.0			34.0	34.0			4.5	4.5						
11020536	DANISH PASTRY VANILLA (BAKE OFF)	Unibake	Y	N	N	N	N	1420	1506	340	361	23.0	24.0			29.0	31.0					1.0	1.0				
11020724	DANISH BLUE BERRY FAN (BAKE OFF)	Unibake	Y	N	N	N	N	1600	1453	382	347	18.7	17.0	7.7	7.0	47.1	42.8	17.5	15.9	6.4	5.8	2.2	2.0	0.18	0.16	0.46	0.42
11040498	PLAIN DONUT	EUROPASTRY	Y	N	N	N	N	1567	1097	375	263	20.7	14.5	9.7	6.8	41.5	29.0	17.3	12.1	5.6	3.9	1.0	0.7				
11037009	CHOCOLATE DONUT	EUROPASTRY	Y	N	N	N	N	1984	1488	474	356	30.0	22.5	14.1	10.6	44.9	33.7	23.8	17.9	5.3	3.4	1.9	1.4				
11019819	PANCAKE PLAIN BREAKFAST FROZEN (unit = 25gms)	Sandays	Y	N	N	N	N	1157	289	275	69	9.6	2.4			40.0	10.0			7.0	1.8						
Item Number	Yoghurt and Fruit	Supplier	Product Suitable for		Made using ingredients that are			Energy (kJ)		Energy (kcal)		Fat (g)		of which are saturates (g)		Carbohydrates (g)		of which are sugars (g)		Protein (g)		Fibre (g)		Sodium (g)		Equivalent as salt (g)	
			Vegetarian	Vegan	Wheat Free	Gluten Free	Dairy Free	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit
011054598	YOGHURT SPELT CRANBERRY CEREAL	Bracamonte	Y	N	N	N	N	552	1049	132	250	5.5	10.3	2.6	5.0	14.8	28.1	7.9	14.9	5.1	9.6	0.0	0.0	0.09	0.17	0.22	0.42
011029671	YOUHURT AND FRUIT COULIS	Bracamonte	Y	N	Y	Y	N	462	1156	110	274	4.0	10.0	2.5	6.2	13.5	33.7	12.3	30.9	3.7	9.3	0.3	0.8	0.06	0.16	0.16	0.40
11042934	FRUIT SALAD MIX	Bracamonte	Y	Y	Y	Y	Y	169	338	40	80	0.0	0.0	0.0	0.0	9.2	18.4	9.0	18.0	0.2	0.4	0.0	0.0	0.0	0.0	0.00	0.0
Item Number	Savoury	Supplier	Product Suitable for		Made using ingredients that are			Energy (kJ)		Energy (kcal)		Fat (g)		of which are saturates (g)		Carbohydrates (g)		of which are sugars (g)		Protein (g)		Fibre (g)		Sodium (g)		Equivalent as salt (g)	
			Vegetarian	Vegan	Wheat Free	Gluten Free	Dairy Free	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit
011040828	CHICKEN CAESAR SALAD NL REGULAR	Bracamonte	N	N	N	N	N	648	1523	155	364	10.9	25.7	1.1	2.6	4.1	9.6	1.1	2.5	10.9	25.7			0.36	0.89	0.96	2.25
011047757	QUINOA SALAD	Bracamonte	Y	N	N	N	N	814	2036	194	485	6.5	16.2	0.9	2.3	23.6	58.9	3.4	8.6	9.6	23.9			0.08	0.19	0.20	0.48
011040829	BULGUR PLAIN SALAD REGULAR	Bracamonte	Y	Y	N	N	Y	583	1563	138	370	4.8	12.9	28.0	75.0	1.2	3.3	1.3	3.5	0.2	0.5			0.14	0.38	0.36	0.96
011040690	FARMER CHEESE MUSTARD REGULAR	Bracamonte	Y	N	N	N	N	1225	2082	295	501	17.4	29.5	8.3	14.1	21.9	37.2	0.4	0.7	12.6	21.4			0.50	0.86	1.28	2.20
011015338	SANDWICH BLT	Bracamonte	N	N	N	N	Y	878	1651	211	397	10.5	19.8	2.0	3.8	21.7	40.8	0.8	1.4	6.5	12.3	1.6	3.2	0.31	0.58	0.79	1.48
011015351	CROQUE HAM AND CHEESE	Bracamonte	N	N	N	N	N	937	1265	427	576	6.8	9.2	3.8	5.2	27.3	36.9	1.1	1.4	12.8	17.3	0.8	1.2	0.65	0.88	1.65	2.22
011029667	FOCACCIA CAPRESE	Bracamonte	N	N	N	N	N	1096	1995	261	475	11.1	20.2	4.7	8.5	29.4	53.4	0.8	1.5	10.0	18.2	2.5	4.5	0.13	0.23	0.32	0.58
011029665	ALL DAY BREAKFAST	Bracamonte	N	N	N	N	Y	897	1767	213	419	6.6	13.0	1.9	3.8	29.2	57.6	0.5	1.0	8.6	16.9			0.32	0.63	0.82	1.60
011040686	MUFFIN EGG SPINACH RICOTTA	Bracamonte	Y	N	N	N	N	883	1254	211	299	8.2	11.6	3.8	5.4	21.8	30.9	2.8	4.0	11.5	16.4			0.35	0.49	0.88	1.25
11054596	LE PRETZEL CHICKEN CHEESE	Bracamonte	N	N	N	N	N	1029	1956	244	464	9.3	17.7	4.1	7.7	30.4	57.7	0.4	0.7	10.5	19.9	0.0	0.0	0.22	0.41	0.54	1.03
11054597	LE PRETZEL CURED HAM	Bracamonte	N	N	N	N	N	1042	1979	247	469	8.7	16.5	3.6	6.7	31.0	59.0	1.0	1.9	11.2	21.3	0.0	0.0	0.27	0.52	0.68	1.29
11045004	FEAST HAM CHEESE AND EGG SANDWICH	Bracamonte	N	N	N	N	N	1028	2158	245	515	14.7	30.8	3.9	8.1	17.0	35.6	0.2	42.0	11.7	24.5			0.40	0.84	1.02	2.14
011040687	HAM CHEESE PRETZEL CROISSANT	Bracamonte	N	N	N	N	N	1477	1477	486	486	21.7	21.7	4.0	4.0	27.5	27.5	0.1	0.1	12.2	12.2			0.25	0.25	0.64	0.64
011040684	CIABATTA TUNA OLIVE MELT REGULAR	Bracamonte	N	N	N	N	N	1101	2147	262	511	13.7	26.7	3.3	6.5	23.8	46.4	0.8	1.6	10.5	20.4			0.35	0.68	0.88	1.70