

JAMAICA BLUE APP | SNACKS – NIPS

Lemon Sugar Muffins (with Glaze)		
NUTRITION INFORMATION		
Serving size: 175g		
	Average Quantity per Serving	Average Quantity per 100g
Energy	3170kJ (757Cal)	1810kJ (432Cal)
Protein	9.8g	5.6g
Fat, Total	44.6g	25.5g
-	28.5g	16.3g
Carbohydrate	78.4g	44.8g
- Sugars	36.9g	21.1g
Dietary	2.2g	1.3g
Sodium	699mg	400mg

Ingredients: **Self-Raising Wheat Flour** (Wheat Flour, Raising Agents (339, 341, 450, Sodium Bicarbonate)), **Butter** (Cream, Water, Salt), **Milk**, **Sour Cream** (Cream, Culture), **Sugar**, **Egg**, **Lemon Curd (3.5%)**, **Lemon Juice (2%)**.

Contains Wheat, Egg, Milk.



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Scones with Jam & Cream

NUTRITION INFORMATION

Serving size: 185g

	Average Quantity per Serving	Average Quantity per 100g
Energy	2620kJ	1424kJ
Protein	13.6g	7.5g
Fat, Total	19.3g	10.6g
- Saturated	10.9g	6g
Carbohydrate	97g	53g
- Sugars	24.4g	13.4g
Sodium	1157mg	636mg

Ingredients: Scones (75.8%) [scone mix [wheat flour, vegetable oil [antioxidant 307], sugar, raising agents (500, 541, 341), buttermilk solids (2%), salt, milk (milk) solids, emulsifier (481), vitamins (thiamin, folate).], Milk, Water], Cream (13.2%) (Milk), Jam (11%)

Contains: Gluten (wheat, oats, barley, rye), dairy, eggs.



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Bowl of Chips with Aioli

NUTRITION INFORMATION

Serving size: 485g

	Average Quantity per Serving	Average Quantity per 100g
Energy	3155kJ	650kJ
Protein	12.6g	2.6g
Fat, Total	32.6g	6.7g
- Saturated	3.5g	0.72g
Carbohydrate	103g	21.3g
- Sugars	4g	0.82g
Sodium	575mg	118mg

Ingredients: Potato Chips [POTATO (95%), VEGETABLE OILS, DEXTROSE], Aioli (8.2%) (Eggs, Milk, Soya, Sulphites).

Contains: Soy, Eggs, Dairy.



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Banana Loaf

NUTRITION INFORMATION

Serving size: 195g

	Average Quantity per Serving	Average Quantity per 100g
Energy	1985kJ	1012kJ
Protein	8.5g	4.3g
Fat, Total	15.1g	7.7g
- Saturated	8.9g	4.5g
Carbohydrate	67g	34.2g
- Sugars	34.5g	17.6g
Sodium	448mg	228mg

Ingredients: Bananas (42.9%), Self-raising flour (19%) (Wheat), Brown sugar (12%), Eggs (10.3%), Butter (7.7%) (Milk), Milk (7.7%), Vanilla essence (0.26%), Ground cinnamon (0.23%), Baking soda (0.06%)

Contains: Gluten (wheat), eggs, dairy.



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