



308119C Chopped Dates (Chefs Selections)



Pack Size: 4 X 3KG

Details: Chopped dates are extremely versatile and will lend a naturally sweet flavour to your recipes. Perfect for baking, you can add them to cakes, muffins, granola bars, bread pudding, energy bites, or any other treats. They pair well with other dried fruits and nuts, and make a nice addition to oatmeal and cereal.

Allergen Information

Free from:

Cereal, Celery, Soya, Crustaceans, Eggs, Fish, Lupin, Milk, Molluscs, Mustard, Nuts, Peanuts, Sesame, Sulphur Dioxide

Suitable for:

Coeliacs, Vegetarians, Vegan

Handling Information

Storage Instructions:

store in a cool dry place, free from the risk of contamination and ingress of moisture

Product Ingredients

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Dates (97%), Rice Flour (3%)

Nutritional Information

Typical Values per 100g/ml:

Based on a reference intake of an average adult (8400kJ/2000kCal) diet

Energy:

329 kcal / 1395 kJ

Fat:

0.4 g

of which saturates:

0 g

Carbohydrates:

75 g

of which sugars:

63.3 g

Fibre:

8 g

Protein:

2.4 g

Salt:

0.01 g

All product information is correct at time of upload. Information may change so please check the packaging before use.

If allergen information is not presented here, please obtain it from the product packaging or speak with our QA Department.

