



## 308119S Chopped Dates (Chefs Selections)



**Pack Size:** 3KG BAG

**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, Gluten, 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.

