



moments made better

DOUBLE CHOCOLATE MUFFIN

NUTRITION INFORMATION

Servings per package: 6 Serving size: 165g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per100g
ENERGY	2910kJ (696Cal)	33%	1770kJ (422Cal)
PROTEIN	9.0g	18%	5.5g
FAT, TOTAL	39.0g	56%	23.7g
- SATURATED	7.4g	31%	4.5g
CARBOHYDRATE	58.4g	19%	35.4g
-SUGARS	43.3g	48%	26.3g
SODIUM	633mg	28%	384mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: Muffin Mix (42%) [(Wheat Flour, Sugar, Vegetable Fat (Emulsifier (471, 477), Antioxidant (307), Milk Solids, Thickeners (1422), Raising Agents (500, 541), Salt, Natural Flavours, Vegetable Gum (415) Emulsifier (481), Acidity Regulator (330), Vegetable Oil (Antioxidant 307)), Dark Compound Chocolate (20%) [(Sugar, Cocoa Butter Substitute (Mangobutter), Cocoa Powder, Skim Milk Powder, Lecithin E322, Salt And Natural Vanilla Flavour)], Whole Egg [(Whole Egg Pasteurised)], Canola Oil [(Canola Oil)], Water [(Water)], Paste (1.5%) (Water, Colours (122, 133, 150c (Preservative 223),(155), Flavour, Vegetable Gum 415, Preservative (202)], Potassium Sorbate [(Preservative (202, 282), Sugar)], Vanillin[(Vanillin)].

Allergen: **Wheat, Egg, Milk, Soybean** .:--

Characteristic Ingredient: Dark Compound Chocolate 20%, Chocolate Paste 1.5%

Shelf Life: 12 Months Frozen, 7 Days Chilled

Storage & Transport: Store Below -18°C Frozen & Below4°C Chilled

Genetically Modified: This product contains no ingredients which have been genetically modified

Intended Customer: This product is suitable for the general consumer

Final Customer Instructions: Thaw and Serve

Use By Ambient – 2 Days from Thaw when held Ambient (Stored in Refrigeration overnight)

Use By Refrigerated – 3 Days from Thaw when held Refrigerated

Use By Frozen – As Per Date Marked



DATE: MONDAY, 14 SEPTEMBER 202

Australian Master Franchisee: Cookies Australia P/L

Address: Unit 11 7-15 Gundah Rd, Mt Kuring-gai NSW 2080, PO Box 122

Ph: 02 9472 8555 **Web:** www.mrsfields.com.au

ABN 12 067 254 951



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BLUEBERRY MUFFIN

NUTRITION INFORMATION

Servings per package: 6 Serving size: 165g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per100g
ENERGY	2360kJ (563Cal)	27%	1430kJ (341Cal)
PROTEIN	7.3g	15%	4.4g
FAT, TOTAL	30.5g	44%	18.5g
- SATURATED	5.7g	24%	3.5g
CARBOHYDRATE	64.0g	21%	38.8g
-SUGARS	37.9g	42%	23.0g
SODIUM	493mg	21%	299mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: Muffin Mix (42%) [(Wheat Flour, Sugar, Vegetable Fat (Emulsifier (471, 477), Antioxidant (307), **Milk Solids**, Thickeners (1422), Raising Agents (500,541), Salt Natural Flavours, Vegetable Gum (415) Emulsifier (481), Acidity Regulator (330), Vegetable Oil (Antioxidant 307)), Blueberries (22%)(Blueberries)],Egg, **Whole** [(Whole Egg Pasteurised)], Canola Oil [(Canola Oil)], Water [(Water)], Potassium Sorbate [(Preservative (202, 282), Sugar)], Vanillin[(Vanillin)].

Allergen: Wheat, Egg, Milk.

May contain Traces of Sesame, Soy, Sulphite, Lupin, Peanut & Tree Nut

Characteristic Ingredient: Blueberries 22% Shelf

Life: 12 Months Frozen, 7 Days Chilled

Storage & Transport: Store Below -18°C Frozen & Below 4°C Chilled

Genetically Modified: This product contains no ingredients which have been genetically modified

Intended Customer: This product is suitable for the general consumer

Final Customer Instructions: Thaw and Serve

Use By Ambient – 2 Days from Thaw when held Ambient (Stored in Refrigeration overnight)

Use By Refrigerated – 3 Days from Thaw when held Refrigerated

Use By Frozen – As Per Date Marked



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APPLE & CINNAMON MUFFIN

NUTRITION INFORMATION

Servings per package : 6 Serving size: 165g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
ENERGY	2720kJ (650Cal)	31%	1650kJ (394Cal)
PROTEIN	8.4g	17%	5.1g
FAT, TOTAL	36.1g	52%	21.9g
- SATURATED	6.8g	28%	4.1g
CARBOHYDRATE	72.1g	23%	43.7g
-SUGARS	41.3g	46%	25.0g
SODIUM	586mg	25%	355mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: Muffin Mix 47% ([(Wheat Flour, Sugar, Vegetable Fat (Emulsifier (471, 477), Antioxidant (307), **Milk Solids**, Thickeners (1422), Raising Agents (500, 541), Salt Natural Flavours, Vegetable Gum (415) Emulsifier (481), Acidity Regulator (330), Vegetable Oil (Antioxidant 307)]), **Egg, Whole** [(Whole Egg Pasteurised)], Oil - Canela Oil [(Canela Oil)], Sugar [(Caster, Cane)], Water [(Water)], Apple [(Apples 92%, Water 7.8%, Ascorbic Acid (300) 0.1%, Citric Acid (330) 0.1%)], Cinnamon ((Cinnamon)), Potassium Sorbate [(Preservative (202, 282), Sugar)], Vanillin[(Vanillin)].

Allergens: Wheat, Egg, Milk.

May contain Traces of Sesame, Soy, Sulphite, Lupin, Peanut & Tree Nut

Characteristic Ingredient: Apple 7%

Shelf Life: 12 Months Frozen, 7 Days Chilled

Storage & Transport: Store Below -18°C Frozen & Below 4°C Chilled

Genetically Modified: This product contains no ingredients which have been genetically modified

Intended Customer: This product is suitable for the general consumer

Final Customer Instructions : Thaw and Serve

Use By Ambient – 2 Days from Thaw when held Ambient (Stored in Refrigeration overnight)

Use By Refrigerated – 3 Days from Thaw when held Refrigerated

Use By Frozen – As Per Date Marked



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RASPBERRY & WHITE CHOCOLATE MUFFIN

NUTRITION INFORMATION

Servings per package: 6 Serving size: 165g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
ENERGY	2810kJ (672Cal)	32%	1710kJ (407Cal)
PROTEIN	7.6g	15%	4.6g
FAT, TOTAL	37.3g	53%	22.6g
-SATURATED	12.2g	51%	7.4g
CARBOHYDRATE	75.7g	24%	45.9g
-SUGARS	49.9g	55%	30.2g
SODIUM	503mg	22%	305mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: Muffin Mix (39%) [(Wheat Flour, Sugar, Vegetable Fat (Emulsifier (471, 477), Antioxidant (307), Milk Solids, Thickeners (1422), Raising Agents (500,541), Salt Natural Flavours, Vegetable Gum (415) Emulsifier (481), Acidity Regulator (330), Vegetable Oil (Antioxidant 307)), Raspberry (15%), Egg, Whole [(Whole Egg Pasteurised)], White Compound Chocolate (14%) [(Sugar, Vegetable Fat (Palm Kernel Oil Fractions, Sorbitan Tristearate, Soy Lecithin, Citric Acid), Whey Powder, Soy Lecithin (322), Flavour)], Canola Oil[(Canola Oil)], Water[(Water)], Potassium Sorbate [(Preservative (202, 282), Sugar)], Vanillin[(Vanillin)].

Allergen: Wheat, Egg, Milk, Soybeans.

May contain Traces of Sesame, Sulphite, Lupin, Peanut & Tree Nut

Characteristic Ingredient: Raspberry 15%, White Chocolate (14%)

Shelf Life: 12 Months Frozen, 7 Days Chilled

Storage & Transport: Store Below-18°C Frozen & Below4°C Chilled

Genetically Modified: This product contains no ingredients which have been genetically modified

Intended Customer: This product is suitable for the general consumer

Final Customer Instructions: Thaw and Serve

Use By Ambient – 2 Days from Thaw when held Ambient (Stored in Refrigeration overnight)

Use By Refrigerated – 3 Days from Thaw when held Refrigerated

Use By Frozen – As Per Date Marked



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Red Velvet Cupcake

NUTRITION INFORMATION		
Serving per package: 16		
Serving size: 48g		
Quantity: 16 x 48g=768g		
	Avg. Quantity per Serving	Avg. Quantity per 100g
ENERGY	835KJ	1739KJ
PROTEIN	2.1g	4.4g
FAT, TOTAL	11.6g	24.2g
- SATURATED	4.7g	9.8g
CARBOHYDRATE	21.9g	45.6g
- SUGAR	15.7g	32.6g
SODIUM	130mg	270mg
*All stated values are averages		

Instructions: Thaw cupcakes in fridge overnight within package to retain moisture. Remove from packaging and serve.

Cake (66%): Sugar, **Wheat Flour** (Wheat Flour, Raising Agents (339, 341, 450, 550)), **Egg**, Water, Vegetable Oil (**Soy**), **Milk Solids**, Cocoa Powder, Colouring (Colour (124), Preservative (211)), Reconstituted Lemon Juice (preservative (223)), Vanilla Flavour (Colour (150d))

Icing (34%): Sugar; Butter (Cream), Vegetable Oil & Fats (Emulsifier (322 (Soy)), Preservative (202)), Natural Colouring (160a), Antioxidant (307b (Soy)), **Egg White**, Compound Chocolate (Emulsifier (Soy 322))

Allergens: Wheat, Egg, Milk, Soy and Sulphite.

May contain traces of Peanuts, Tree Nuts and Sesame.

Storage & Transport: Store at or below -18°C.

Do not refreeze.

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Orange & Poppyseed Cupcake

NUTRITION INFORMATION		
Serving per package: 16		
Serving size: 48g		
Quantity: 16 x 48g=768g		
	Avg. Quantity per Serving	Avg. Quantity per 100g
ENERGY	875KJ	1822KJ
PROTEIN	2.0g	4.1g
FAT, TOTAL	12.1g	25.3g
- SATURATED	4.6g	9.6g
CARBOHYDRATE	23.1g	48.2g
- SUGAR	16.1g	33.5g
SODIUM	123mg	257mg
*All stated values are averages		

Instructions: Thaw cupcakes in fridge overnight within package to retain moisture. Remove from packaging and serve.

Cake (66%): **Wheat Flour** (raising Agents (339, 341, 450, 500)), Sugar, Vegetable Oil (**Soy**), **Egg**, Oranges (7%), Poppyseeds (1.5%), Natural Flavours, Salt

Icing (33%): Sugar, Butter (Cream), Vegetable Oil & Fats (Emulsifier (322 Soy)), Preservative (202), Antioxidant (307b(Soy)), **Egg White**

Allergens: Wheat, Egg, Milk and Soy.

May contain traces of Peanuts, Tree Nuts and Sesame.

Storage & Transport: Store at or below -18°C.
Do not refreeze.

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Salted Caramel Cupcake

NUTRITION INFORMATION		
Serving per package: 16		
Serving size: 48g		
Quantity: 16 x 48g=768g		
	Avg. Quantity per Serving	Avg. Quantity per 100g
ENERGY	868KJ	1808KJ
PROTEIN	2.1g	4.4g
FAT, TOTAL	12.3g	25.7g
- SATURATED	4.7g	9.8g
CARBOHYDRATE	22.4g	46.6g
- SUGAR	14.8g	30.9g
SODIUM	193mg	420mg
*All stated values are averages		

Instructions: Thaw cupcakes in fridge overnight within package to retain moisture. Remove from packaging and serve.

Cake (66%): **Wheat Flour** (Wheat Flour, Raising Agents 339, 341, 450, 500), Sugar, Vegetable Oil (**Soy**), **Egg**, Caramel Flavour (Preservative (211)), Caramel Flavour (Emulsifier (322 (Soy))), Salt (0.6%)

Icing (34%): Sugar, Butter (Cream), Vegetable Oil & Fats (Emulsifier (322 (Soy))), Antioxidant (307b (Soy)), **Egg White**, Compound Chocolate (**Milk Solids** (13%), Emulsifier (492, Soy 322)

Caramel Sauce (6%): Milk Solids, Cane Sugar, Vegetable Oil, Emulsifier (Soy 471), Vegetable Gum (407), Preservative (202), Natural Flavour

Allergens: Wheat, Egg, Milk and Soy.

May contain traces of Peanuts, Tree Nuts and Sesame.

Storage & Transport: Store at or below -18°C.

Do not refreeze.

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