

CAKESMITHS NUTRITIONAL INFO

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Product	Code		KJ /100g	Kcal /100g	Fat /100g	(of which saturates)	Carbs /100g	(of which sugars)	Fibre /100g	Protein /100g	Salt /100g		Portions	Average weight per portion	Kcal /portion
Almond Croissants	7250		1702	408	25.1	7	40	24	2.7	6.6	0.4		10	185	755
Apple & Blackcurrant Crumblejack	9025		1568	374	16.3	7.8	51.3	30.9	3.6	4.5	0.17		14	105	393
Apple Crumble Bar	2264		1386	355	15.8	8.8	51.1	28.8	2.3	2.9	0.35		14	105	373
Apricot & Pistachio Frangipane	6022/ 6047		1565	374	26.5	10.4	27.1	21.8	2.1	7.1	0.11		16	113	423
Banana & Chocolate Loaf	5057/ 5058		1602	382	16.8	8.1	53.7	31.6	2.8	3.6	0.81		14	121	462
Banana & Pecan Muffins	7258		1414	337	16	1.3	44	21		5	0.5		12	165	556
Banoffee Traycake	4096		1565	374	14.5	5.6	57.1	41.6	1.6	3.8	0.71		18	136	509
Belgian Chocolate Cruffin	7501		1840	440	22	14	50	20.3	2.1	7.1	0.75		13	130	572
Berry & Yoghurt Flapjack	2277		1846	441	23.5	14.6	52	34.3	3.7	4.4	0.03		14	109	481
Big Rock	2138		1990	475	24.6	13.9	58.9	45.4	2.4	4.2	0.58		14	90	428
Billionaire's Shortbread	2192		2173	519	32.2	20.6	52.1	34.3	1.9	5.7	0.37		14	87	452
Blackberry Crumble Doughnut	7704		1540	368	16.5	7.8	50.1	27.5	0.9	4.2	0.77		12	98	361
Blackberry Eton Mess	4114		1620	387	20.9	7.66	46.1	30.2	1.2	4.8	0.6		18	150	581
Blackcurrant Cheesecake Cruffin	7503		1878	449	25.9	16.3	47.5	19	1.7	6.4	0.75		13	130	584
Black Forest Torte	6050		1800	430	29	18.8	34.6	30.1	3.4	5.3	0.29		16	123	529
Blood Orange & Raspberry Loaf	5067		1618	387	18.4	8.8	49.1	33	2.2	5.9	0.49		14	149	577
Blueberry & Lime	6056		1667	398	29	13.5	27.6	22.5	1.8	6.8	0.09		14	160	637
Blueberry Bakewell	2232		1924	462	28.6	11.4	46.2	26.5	2.3	5.7	0.33		14	82	379
Blueberry Muffins	7255		1400	334	16.8	2.2	42.9	20.1		4.5	0.5		12	140	468
Burnt Basque Cheesecake	6024/ 6049		1297	310	19.8	11.3	27.5	25.1	0	5.3	0.07		16	121	375
Canelé	7203		1191	281	2	1.2	62	44	3.7		0.14		75	60	169
Cheddar, Marmite & Chive Scone	8042		1481	351	16.7	8.4	39.5	3.2	1.9	11.9	1.8		12	110	386
Cherry & Almond Cake	6053		1488	356	20.4	6.6	39.3	23.2	2.5	5	0.74		14	120	427

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Chilli Cheese Cornbread	7253		1446	346	21.9	4.6	29.7	9.3	1.2	9	1.6		12	158	547
Chocolate Orange Loaf	5070		1458	348.5	16.2	4.8	44.3	26.6	3.8	4.8	0.75		14	103	359
Chocolate Orange Truffle	2203		1851	442	24	15.7	39.4	31.9	9.5	5.9	0.21		18	77	340
Chocolate, Hazelnut & Praline Torte (Sliced)	6048		2220	531	38.8	13.1	35.4	33.8	4	8.4	0.39		16	111	589
Chocolate, Hazelnut & Praline Torte	6023		2162	517	39	14.9	32.7	31.1	3.7	7.6	0.33		14	149	770
Chocolate Hazelnut Crème Doughnut	7703		1730	414	21.4	7.1	49.9	31.5	1.2	4.9	0.74		12	105	435
Churro Cookies	7405		1583	378	19	9.4	46	20		5.7	0.84		30	95	359
Cinnamon Classic	8024		1604	382	15.6	8.4	54	17.7	2.5	5.2	0.74		8	155	592
Clotted Cream Scones	7256		1390	331	13.2	8.1	49.1	11.8		6.8	1.3		20	100	331
Coffee & Candied Pecan	5035		1714	408	20.3	6.5	52.5	34.4	1.2	4.1	0.61		14	121	494
Coffee & Walnut Traycake	4116		1676	401	18.6	3.1	53.7	38.1	1	4.9	0.63		18	134	537
Cookies & Cream	4103		1545	369	16.2	6.6	50.4	36.6	3.1	4.1	0.7		18	139	513
Country Garden Traycake	4130		1614	386	15	7.4	59.6	42.8	1.2	3.9	0.62		18	159	614
Dark & Fruity Flapjack	9005		1863	445	17	5.2	65.1	39.1	4.4	5.8	0.4		14	89	396
Double Chocolate Cookies	7403		1245	297	12	6.4	40	20		3.7	0.64		30	95	282
Double Chocolate Fudge Cake	4127		1446	346	16.3	4.6	43.6	26.9	4	4.4	0.64		18	159	550
Dulce De Leche Cruffin	7502		1527	365	18.2	11.4	44.6		23.2	5.6	0.5		13	130	475
Earl Grey & Fruit Scones	7257		1176	279	6.7	3.1	51.5	34.1		5.4	1.4		20	100	279
Easter Cake	4094		1531	366	13.7	3.9	58.7	40.1	2.5	2.8	0.75		18	138	505
Espresso Caramel Brownie	2100		2039	487	30.6	22.2	45.3	37.5	3	5.8	0.55		14	89	433
Hazelnut Pain Au Chocolat	3500		1772	423	23	9.7	46.7	28.4	2.4	6.4	0.56		10	234	990
Honey Nut Crunch	2195		2025	484	26.5	13.4	55	25.9	2.8	6	0.5		14	104	503
Honey & Bergamot Traycake	4078		1611	382	19.3	5.5	49.3	33	1.1	4.2	0.6		18	143	546
Honeycomb Rocky Road	2279		2006	480	24.4	14.3	50.4	44.8	2.7	4.5	0.32		14	93	446

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Product	Code		KJ /100g	Kcal /100g	Fat /100g	(of which saturates	Carbs /100g	(of which sugars)	Fibre /100g	Protein /100g	Salt /100g		Portions	Average weight per portion	Kcal /portion
Irish Cream Cruffin	7509		1347	322	16.5	10.2	36.7	14.1	1	5.1	0		13	130	419
Jaffa Cake Traybake	2266		1981	473	31.5	19.5	42.2	27.8	5.8	5.2	0.28		14	92	435
Lemon & Blueberry Loaf	5037 / 5043		1477	351	16.1	5.1	48.9	28.1	2.2	4.3	0.55		14	112	393
Lemon & Pistachio Blondie	2252		2039	487	27.8	15.8	52.2	39.3	0.9	6.6	0.43		14	100	487
Lemon & Yuzu Bar	2248		1521	363	17.9	11.9	45.7	32.2	0.7	5.1	0.19		14	86	312
Lemon Curd Doughnut	7702		1589	379	17.8	7.1	50.3	32.5	0.8	4.3	0.68		12	108	409
Lemon Drizzle Traycake	4061		1480	352	13.9	4.3	53.5	36.7	1.2	3.7	0.59		18	122	429
Lemon, Raspberry & Pistachio Traycake	4110		1645	393	16.6	6.7	57.8	42.2	1.3	3.9	0.64		18	144	566
Malted Chocolate & Stout Torte	6029		1601	381	23	14	39	28.7	1.1	4.1	0.57		16	98	373
Maple Flapjack	9001		1832	438	19.9	8.8	56.6	12.8	4.4	6	0.37		14	102	447
Maple Flapjack - NEW RECIPE!	9026		1888	438	18.7	9.5	62.2	34.2	4.7	6	0.36		14	102	447
Marc de Champagne Truffle Traycake	4125		1389	322	13.3	3.5	47.8	31.6	2.9	3.6	0.58		18	150	483
Milk Chocolate Chip Cookies	7400		1560	372	17	9.9	48	25		5.3	0.59		30	95	353
Mini Egg Cookie bar	2285		2013	481	22.3	14	65.3	43.6	1.6	5.3	0.46		14	95	457
Mince Pie Bakewell	2259		1745	417	20.7	9.1	52.3	33	2.2	4.6	0.48		15	87	363
Mince Pie Crumble	2242		1708	408	10.8	5.8	61.7	38.6	2.1	3.4	0.24		14	96	392
Morello Cherry Blondie	2191		1805	431	24	14.5	47.3	33.5	0.9	6.4	0.63		14	91	392
Mulled Apple Crumblecake	4073		1389	332	13.5	10.5	49	28	1.9	3.4	0.6		18	130	432
Nutty Chocolate & Brandy Bar	2245		1910	456	28.5	11.9	39.2	32.2	3.1	6.8	0.36		14	93	424
Orange & Dark Chocolate Loaf	5066		1745	417	25.3	12.1	43	23.3	3.1	4.9	0.65		14	119	496
Pastel de Nata	7201		1176	281	12	6.4	37	21		4.2	0.46		60	65	183
Passionfruit & White Chocolate Traycake	4109		1718	411	19.5	7.5	54.3	40.7	0.9	4.3	0.27		18	154	633
Passionfruit Ripple Traycake	4136		1635	391	20.3	6.6	48.5	31.5	1	4.4	0.63		18	130	508

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Peach Melba Loaf	5069		1553	371	23	1.9	36	20.5	1.7	4.9	0.28		14	135	501
Pineapple & Cherry Round	6046		1809	433	24.3	8.6	50.4	38.4	2	3.3	0.26		16	140	606
Pink Grapefruit & Poppyseed Loaf	5062		1480	354	14.5	5.2	53.8	34.9	1.1	5	0.5		14	134	474
Pistachio Crème Cookies	7402		1478	353	16	8.9	46	23		4.8	0.56		30	95	335
Pistachio Cruffin	7500		1468	351	13.6	12.2	36	13.6	1.1	5.4	0.5		13	130	456
Plum, Ginger & Chai Cake	6044		1573	376	22.1	9.7	38.1	23.2	2	6.1	0.17		16	141	530
Pumpkin Spiced Loaf	5048		1412	337	11.4	6.7	55.5	35	1.8	3.3	1.1		14	126	425
Pumpkin Spiced Sticky Buns	8037		1602	381	15.5	8.4	54.9	18.6	2.6	5.2	0.72		8	155	591
Queen Vic Traycake	4028		1730	412	20.5	10.9	53.5	37.9	1.2	3.9	0.57		18	145	597
Raspberry & Almond Muffins	7259		1382	330	17.5	1.5	40.7	19.8		4.4	0.5		12	140	462
Raspberry & Cardamom Milk Cake	4108		1677	401	21.9	7.9	46.4	9.3	1.2	5.1	0.63		18	143	573
Raspberry & Matcha Cheesecake Blondie	2287		1626	389	19.9	12.2	47.1	30.5	1.5	5.8	0.36		14	91	354
Raspberry & Pistachio Traycake	4124		1539	368	17	3.1	51.2	31.5	2.1	3.4	0.77		18	151	556
Raspberry & White Chocolate Cookies	7404		1723	411	19	11	53	30		5.8	0.59		30	95	390
Raspberry & White Choc Doughnut	7701		1406	335	12.4	5.4	52	34.8	0.7	3.5	0.65		12	112	375
Raspberry Bakewell	2222		1957	472	30.9	12.8	41.6	28.7	1.8	7	0.49		14	92	434
Raspberry Cheesecake Brownie	2215		1624	388	23.1	14.3	37.4	29.8	3.2	5.4	0.07		14	86	334
Rhubarb & Custard Blondie	2213		1665	398	21.4	13.3	46.3	34.3	0.9	5.6	0.37		14	93	370
Salted Caramel Brownie	2065		1968	470	27.7	17.5	48.7	36.6	3.2	5.6	0.82		14	93	437
Sea Salt Single Origin Brownie - Tanzanian	2247		2143	512	40.8	21.3	26.7	25.1	5.6	10.7	0.35		15	84	430
Sicilian Lemon & Olive Oil	6054		1674	400	24.1	7	40	31.3	1.5	6.1	0.34		14	145	580
Single Origin Brownie - Equadorian	4095		2134	514	39.3	20	28.6	26.7	5.4	8.3	0.47		24	108	555
Sir Choc-A-Lot Traycake	4048		1700	407	24.6	10.2	38.8	24.3	4.1	5.2	0.59		18	130	529

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Sourdough Treacle Tart	2258		1764	422	18.8	10.4	60.1	41.7	1.4	3.2	0.69		14	99	418
Sticky Baklava Buns	8048		1646	394	18.4	8.4	51.9	26.1	2.2	5.7	0.56		8	185	729
Sticky Banana, Caramel & Pecan Buns	8054		1640	392	17.8	7.6	52.3	26.8	1.7	5	0.79		8	185	725
Sticky Buns with Biscoff® biscuit crumbs	8044		1627	389	16.1	7.8	55.9	27.7	1.9	5.2	0.57		8	150	584
Sticky Cardamom & Orange Buns	8055		1566	374	13.3	6.8	53.6	33.1	2.1	5	0.71		8	190	711
Sticky Dark Chocolate Buns	8046		1479	354	15.5	7.8	50.1	23.5	2.6	5.6	0.85		8	180	637
Sticky Ginger Traycake	4113		1532	366	15.9	9.9	49.9	36.3	1	3.6	0.33		18	147	538
Sticky Gingerbread Buns	8049		1646	394	18.4	8.4	51.9	26.1	2.2	5.7	0.56		8	185	729
Sticky Lemon Drizzle Buns	8056		1627	389	15.7	7.8	57.5	30	1.9	5.1	0.77		8	190	739
Sticky Maple Pecan Pie	6027/ 6051		1886	451	24	9.2	51.9	38.2	1.9	3.8	0.66		16	116	523
Sticky Toffee with Biscoff® Spread Traycake	4087		1350	321	11.6	6	51.8	39.2	2.7	2.4	0.5		18	163	523
Stollen Sticky Buns	8038		1511	361	14.1	6.7	52.5	263	2.3	5.5	0.74		8	150	542
Strawberry Shortcake Bar	2291		1745	417	27.2	9.6	37.6	23.5	2.7	6.7	0.47		14	106	442
Sun Dried Tomato & Black Olive Scones	8043		1332	315	13.5	3.5	41.5	3.5	2.5	7.7	1.6		12	110	347
Super Dark Brownie	2043		1941	464	30	22	47	34	3.4	4.5	0.7		14	74	343
Super Granola	9024		1958	467	27	10.2	48.5	30.9	5.1	7.4	0.39		14	98	458
Sweet Onion & Cheddar Muffins	8040		1477	352	22.6	5.6	28.7	6.9	1.2	9.6	1.6		12	160	563
Tiramisu Traycake	4098		1674	400	21.7	7.2	46.1	30.2	1.7	5.4	0.57		18	129	516
Toasted Coconut & Dark Choc Flapjack	9013		2200	528	34	23	49	29	4.8	5.7	0.31		14	91	480
Toffee Apple Blondie	2241		1720	411	22	16.2	48.8	33.5	1	5.3	0.45		14	96	395
Toffee Crispy	2197		2206	528	31.7	21.9	53.9	37.8	1.2	4.9	0.65		18	54	285
Ultimate Almond Brownie	2082		2212	530	37	27	42	34	2.8	5.2	0.35		14	84	445
Ultimate Brownie	2001		1928	462	27	16.7	50.8	41.1	4.5	6.2	0.65		14	75	347

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Ultimate Carrot Traycake	4065		1509	361	14.9	3.5	54.5	36.5	2.4	3.1	0.94		18	139	502
White Chocolate & Hazelnut Cookies	7401		1744	417	22	11	49	29		5.7	0.52		30	95	396
White Chocolate & Salted Caramel Cookies	7406		1409	337	17	9.8	40	18		5.5	0.88		30	95	320
White Chocolate Red Velvet	4104		1578	377	15.9	9.8	54.8	40.5	1.4	5	0.47		18	144	543
Winter Spiced Fruit Cake	4099		1532	366	14	2.9	56.6	41.2	2.5	3.1	0.76		18	153	560