



# ALLERGEN & NUTRITIONAL INFORMATION

# ALLERGEN INFORMATION

Product	Suitable for Vegetarians*	Suitable for Vegans*	Allergens*													
			Milk	Soya	Cereals Containing Gluten	Sulphur Dioxide & Sulphites	Sesame	Mustard	Celery	Eggs	Peanuts	Molluscs	Crustaceans			
<b>Natural</b> Frozen Yogurt	<b>YES</b>	<b>NO</b>	✓													
<b>Strawberry</b> Sorbet	<b>YES</b>	<b>YES</b>														
<b>Mango</b> Sorbet	<b>YES</b>	<b>YES</b>														
<b>Vanilla</b> Italian Gelato	<b>YES</b>	<b>NO</b>	✓													
<b>Salted Caramel</b> Italian Gelato	<b>YES</b>	<b>NO</b>	✓													
<b>Chocolate</b> Italian Gelato	<b>YES</b>	<b>NO</b>	✓													

\* fwip products are produced in a factory that handles **grains** containing **gluten, eggs, milk protein, lactose, soya, peanuts** and other **nuts**.

If you have a query please ask a member of in store staff or contact our Customer Care team at [customersuccess@fwip.com](mailto:customersuccess@fwip.com)

## KEY

Vegetarian\*/ Vegan\* Columns:  
**YES** = Suitable for this diet  
**NO** = Unsuitable for this diet

Allergens Column  
 ✓ = Contains allergen

# NUTRITIONAL INFORMATION

## NATURAL FROZEN YOGURT



### Nutritional value: per 100g

Energy value:	736kJ/ 174kcal
Fat:	4.0g
of which Saturates:	3.5g
Carbohydrates:	31.0g
of which Sugars:	24.0g
Protein:	3.5g
Salt:	0.16g

**Ingredients:** water, reconstructed skimmed **milk**, glucose, sugar, skimmed **yogurt** powder, skimmed **milk** powder, coconut fat, dietary fibre, fructose, maltodextrin, glucose syrup powder, emulsifier: E471; stabilisers: E407, E410, E412; acidity regulator: citric acid, **lactic acid** fermentation cultures, flavour.

May contain traces of: **grains** containing **gluten, eggs, soya, peanuts** and other **nuts**.

## STRAWBERRY VEGAN SORBET



### Nutritional value: per 100g

Energy value:	577kJ/ 136kcal
Fat:	1.0g
of which Saturates:	0.9g
Carbohydrates:	31.0g
of which Sugars:	29.0g
Protein:	0.2g
Salt:	<0.01g

**Ingredients:** water, strawberry purée 30%, sugar, glucose syrup, glucose, coconut fat, emulsifier: E471; stabilisers: E410, E412, E440; red beet juice concentrate, carrot juice concentrate, lemon squash, natural flavour.

May contain traces of: **grains** containing **gluten, eggs, milk protein, lactose, soya, peanuts** and other **nuts**.

## MANGO VEGAN SORBET



### Nutritional value: per 100g

Energy value:	533kJ/ 126kcal
Fat:	0.8g
of which Saturates:	0.4g
Carbohydrates:	29.0g
of which Sugars:	26.0g
Protein:	0.4g
Salt:	0.02g

**Ingredients:** water, mango puree 25%, sugar, glucose syrup, glucose, emulsifier: E471; stabilisers: E410, E412, E440; carrot juice concentrate, inverted sugar, sunflower oil; acidity regulator: citric acid; natural flavour.

May contain traces of: **grains** containing **gluten, eggs, milk protein, lactose, soya, peanuts** and other **nuts**.

## VANILLA ITALIAN GELATO



### Nutritional value: per 100g

Energy value:	876kJ/ 209kcal
Fat:	11.2g
of which Saturates:	9.6g
Carbohydrates:	24.0g
of which Sugars:	22.0g
Protein:	2.6g
Salt:	0.08g

**Ingredients:** reconstructed skimmed **milk**, sugar, coconut fat, glucose syrup, water, glucose, emulsifiers: E471, E472b; stabilisers: E410, E412; vanilla powder 0.1%, colouring: carotenes; vanilla natural flavour.

May contain traces of: **grains** containing **gluten, eggs, soya, peanuts** and other **nuts**.

## CHOCOLATE ITALIAN GELATO



### Nutritional value: per 100g

Energy value:	865kJ/ 206kcal
Fat:	9.0g
of which Saturates:	7.8g
Carbohydrates:	27.7g
of which Sugars:	23.0g
Protein:	2.5g
Salt:	0.03g

**Ingredients:** reconstructed skimmed **milk**, water, chocolate powder 15.6% (sugar, cacao), glucose syrup, coconut fat, glucose, sugar, emulsifiers: E471, E472b; stabilisers: E410, E412; natural flavour.

May contain traces of: **grains** containing **gluten, eggs, soya, peanuts** and other **nuts**.

## SALTED CARAMEL ITALIAN GELATO



### Nutritional value: per 100g

Energy value:	793kJ/ 189kcal
Fat:	7.9g
of which Saturates:	6.0g
Carbohydrates:	25.0g
of which Sugars:	22.0g
Protein:	3.6g
Salt:	0.45g

**Ingredients:** water, reconstructed **milk**, glucose, **cream**, skimmed **milk** powder, glucose syrup powder, coconut fat, fructose, caramelised sugar, maltodextrin, emulsifiers: E471, E472b; stabilisers: E407, E410, E412; sea salt 0.18%, salt, flavour.

May contain traces of: **grains** containing **gluten, eggs, soya, peanuts** and other **nuts**.

\*Per 160ml serving. Adults need around 2,000 kcal a day. fwip pods should be stored in the fwip freezer at -14. Store additional pod stock in your regular freezer at -18 or below if required and transfer to your fwip freezer 6 hours before serving. Prevent defrosting. Do not refreeze.