

Fruit Crumble



Ingredients

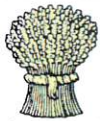
Description	Ptn	10ptn	50ptn	100ptn	200ptn
Plain Flour	15 g	150 g	750 g	1.5 kg	3 kg
Granulated Sugar	8 g	80 g	400 g	800 g	1.6 kg
Margarine	5 g	53 g	267 g	533 g	1.07 kg
Fruit Cocktail	33 g	333 g	1.67 kg	3.33 kg	6.67 kg

Method

- Put flour in mixing bowl
- Add the margarine and sugar
- Mix to resemble fine breadcrumbs
- Drain the fruits and divide into tins
- Cover the fruit with crumble mix
- Bake at 190c until golden.

Assembled Tags

SO<sub>2</sub>



Contains Sulphur Dioxide & Sulphites > 10mg/Kg

Contains Wheat

Fruit Crumble

Nutrition

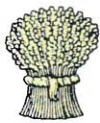
Standard Size: Ptn		
Nutrient	Per Portion	Per 100g
Energy (kcal)	130.63kcal	211.83kcal
Fat	4.42g	7.17g
Satd FA /100g fd	1.88g	3.05g
Carbohydrate	22.51g	36.5g
Protein	1.55g	2.51g
Non Milk Extrinsic Sugar	9.6g	15.57g
NSP	0.8g	1.3g
Vitamin A	38.47µg	62.38µg
Vitamin C	4.67mg	7.57mg
Zinc	0.13mg	0.21mg
Iron	0.47mg	0.76mg
Folate	5.3µg	8.59µg
Calcium	25.01mg	40.56mg
Sodium	51.98mg	84.29mg
Salt	0.13g	0.21g
Total sugars	11.08g	17.97g



Standard Size: Ptn

Allergen Assembled Tags

SO<sub>2</sub>



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