

LAKELAND

6 MONTH MATURED  
CHRISTMAS  
PUDDING



Serving suggestion

Traditional Christmas Pudding that has been matured for 6 months packed with fruit.

**Ingredients:** Sultanas (25%), Sugar, Raisins (12%), Wheat Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Cider (7%), Palm Oil [RSPO certified], Currants (5%), Candied Mixed Peel (Orange Peel, Glucose Fructose Syrup, Lemon Peel, Sugar, Acidity Regulator: Citric Acid), Irish Stout (**BARLEY**), Treacle, Humectant: Glycerine, Single Cream (**MILK**), Spanish Sherry, Brandy, Mixed Spice, Salt, Yeast.

For all allergens, including cereals containing **GLUTEN**, see ingredients highlighted in **BOLD CAPITALS**.

May also contain traces of **PEANUTS** and **NUTS**.

Suitable for Vegetarians.

Contains alcohol.

Store ambient.

**Heating Instructions:** The following recommendation is a guide only.

**Microwave:** Remove outer packaging and pierce film lid. Place on a microwaveable plate. Heat on full power for 2 minutes 30 seconds (900W/800W). Allow to stand for 1 minute before serving.

**Steam:** Remove outer packaging. Do not remove film lid. Place basin in a steamer over boiling water for 60 minutes. Ensure water does not enter the pudding. Do not allow the pan to boil dry.

**WARNING:** Rest the pudding until cool enough to eat.

**Nutritional Values**

Typical Values	Per 100g
Energy	1306kJ 310kcal
Fat	7.3g
of which saturates	5.4g
Carbohydrate	57.7g
of which sugars	45.4g
Protein	2.4g
Salt	0.28g

Made for Lakeland in UK.

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