

Peanut Butter and Chocolate Popsicles by LoveRaw

Ingredients

Product	Quantity
Banana	236.00 g
Smooth Peanut Butter	35.00 g
Original Maple Syrup	19.00 g
M:lk Choc Bar - Smooth Choc	60.00 g
fine sea salt	1.00 g

Serves: 2

Allergy Information

Key: Contains May Contain

May Contain Cereal	May Contain Milk	May Contain Eggs	Contains Peanuts	Contains Nuts	Does Not Contain Crustaceans	Does Not Contain Mustard
Does Not Contain Fish	Does Not Contain Lupin	May Contain Sesame	Does Not Contain Celery	May Contain Soya	Does Not Contain Molluscs	Does Not Contain SO2

Nuts:		Cereals:	
Almond Nuts:	Yes	Wheat:	No
Hazelnuts:	May	Rye:	No
Walnuts:	May	Spelt:	No
Cashew Nuts:	May	Oats:	No
Pecan Nuts:	May	Barley:	No
Brazil Nuts:	May	Kamut:	No
Pistachio Nuts:	May		

Dietary Information

Key: Suitable for

Suitable for Vegetarian	Suitable for Vegan	May not be suitable for Kosher	May not be suitable for Halal
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Label Information

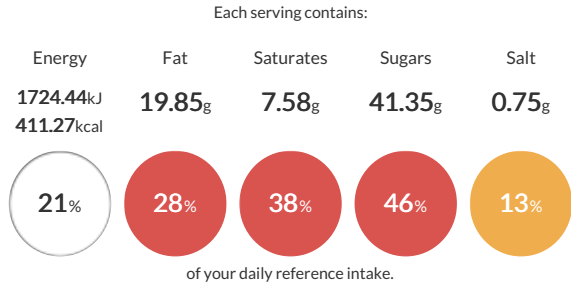
Ingredients
 Banana (67%) (Banana). M:lk Choc Bar - Smooth Choc (17%). Smooth **Peanut** Butter (10%) (**PEANUTS** (94%), Stabiliser (E471), Cane Sugar, **PEANUT** Oil (1%), Sea Salt.). Original Maple Syrup (5%) (Carob Fruit Syrup (72%) [Carob, Apple, Grape], Maple Syrup (27%), Natural Flavouring, Colour (Plain Caramel)). fine sea salt (0%) (Sea Salt, Anti-caking agent (Magnesium Oxide)).

Method & Recipe Notes

The information on the Erudus System has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provide by Erudus One.

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Reference Intake



Nutritional Summary

Energy	1724.44kJ 411.27kCal
Protein	8.11g
Carbohydrates	50.72g
of which sugars	41.35g
Non Milk Extrinsic Sugars	0g
Fat	19.85g
of which saturates	7.58g
Fibre	2.7g
Salt	0.75g
Sodium	0g
Iron	0mg
Calcium	0mg
Zinc	0mg
Folate	0µg
Vitamin A	0µg
Vitamin C	0mg