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## ASDA Jam & Creams 150g

150g

★★★★★ (153)

£0.65  
(43.3p/100g)

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### Dietary and lifestyle

#### Allergy advice

Contains: **milk, wheat**

May contain: **eggs, soya, oats, rye, barley**

May also contain Egg, Soya, Rye, Barley and Oats.

#### Lifestyle

Suitable for Vegetarians

Each biscuit contains:

Salt    Energy    Sugars    Fat    Saturates

73kcal

0.07g    306kJ    4.3g    3.3g    1.8g

**1%**    Low    High    High    High  
 4%    5%    5%    9%

of your RI†

Typical energy values per 100g: 2042kJ/487kcal

†RI = Reference Intake

## Description



### Net Content

150 Grams

### Additives

Free From: Artificial Colours

Free From: Artificial Flavours

### Ingredients

Fortified **Wheat** Flour [**Wheat** Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Palm Oil, Sugar, Raspberry Jam (12%) [Glucose-Fructose Syrup, Raspberries, Sugar, Gelling Agent (Pectins), Acidity Regulator (Sodium Citrates), Citric Acid, Flavouring], Whey Powder (**Milk**), Raising Agent (Sodium Carbonates), Salt, Flavourings

### Nutritional Values

Typical values per 100g

#### Typical values

Per 100g

Energy kcal	487
Energy kJ	2042
Fat	22g
of which saturates	12g
Carbohydrate	66g
of which sugars	29g
Fibre	1.2g
Protein	4.6g
Salt	0.48g

### Features

Crunchy biscuits with vanilla flavour cream filling, topped with raspberry jam. No Artificial Colours, Flavours or Hydrogenated Fat. Suitable for vegetarians

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## ASDA Jaffa Cakes 150g

150g

★★★★☆ (92)

£0.98  
(65.3p/100g)

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### Dietary and lifestyle

#### Allergy advice

Contains: **eggs, wheat, soya**

May contain: **rye, oats, barley, milk**

May also contain Milk, Rye, Barley, Oats and Spelt.

#### Lifestyle

Suitable for Vegetarians

**Each jaffa cake contains:**

Saturates	Fat	Sugars	Energy	Salt
0.7g	1.2g	6.3g	202kJ 48kcal	0.02g
4%	Medium 2%	High 7%	Low 2%	Low 1%

of your RI†

Typical energy values per 100g: 1615kJ/383kcal

†RI = Reference Intake

**Description****Net Content**

150 Grams

**Ingredients**

Glucose-Fructose Syrup, Sugar, Dark Chocolate (17%) [Cocoa Mass\*, Sugar, Cocoa Butter\*, Emulsifier (**Soya** Lecithins), Flavouring], Orange Juice from Concentrate (11%), **Wheat** Flour, Egg

**Nutritional Values**

Typical values per 100g Per jaffa cake

<b>Typical values</b>	Per 100g	Per jaffa cake
Energy kcal	383	48
Energy kJ	1615	202
Fat	9.9g	1.2g
of which saturates	5.7g	0.7g
Carbohydrate	69g	8.6g
of which sugars	50g	6.3g
Fibre	2.5g	<0.5g
Protein	3.3g	<0.5g
Salt	0.13g	0.02g

We suggest this product provides 12 servings

**Features**

Soft sponge topped with zingy orange flavoured jelly, covered in dark chocolate. Suitable for vegetarians

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### Jammie Dodgers Raspberry Flavour 140g

140g

★★★★★ (129)

£0.84  
(60.0p/100g)

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#### Dietary and lifestyle

##### Allergy advice

Contains: **wheat, sulphur dioxide/sulphites**

##### Lifestyle

Suitable for Vegans

1 biscuit

Energy

325kJ  
77kcal

4%

Per 100g: 1807 kJ/429 kcal

Reference intake of an average adult (8400 kJ/2000 kcal)

## Description



### Net Content

140 Grams

### Additives

Free From: Artificial Flavours

Free From: Artificial Colours

### Ingredients

**Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Niacin, Iron and Thiamin), Raspberry Flavour Apple Jam (27%) (Glucose-Fructose Syrup, Apples (**Sulphites**), Sugar, Humectant (Glycerol), Acid (Citric Acid), Flavourings, Colours (Anthocyanins, Annatto Norbixin), Gelling Agent (Pectin), Acidity Regulator (Sodium Citrates)), Vegetable Oils (Sustainable Palm, Rapeseed), Sugar, Partially Inverted Sugar Syrup, Raising Agents (Ammonium Bicarbonate, Sodium Bicarbonate), Salt, Flavourings

### Nutritional Values

Typical values per 100g Per serving (1 biscuit)

Typical values	Per 100g	Per serving (1 biscuit)*	% RI** per serving	RI** Adults
Energy	429 kcal	77 kcal	4%	2000kcal
Energy	1807 kJ	325 kJ	4%	8400 kJ
Fat	14g	2.5g	4%	70g
of which Saturates	6.5g	1.2g	6%	20g
Carbohydrate	67g	12g	5%	260g
of which Sugars	29g	5.2g	6%	90g
Fibre	2.1g	0.4g	-	-
Protein	5.3g	1.0g	2%	50g
Salt	0.56g	0.10g	2%	6g

Serving size = 1 biscuit (approx. 18g)

8 servings per pack

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### ASDA Cookies & Cream Biscuits 154g

154g

★★★★☆ (183)

£0.58  
(37.7p/100g)

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#### Dietary and lifestyle Allergy advice

Contains: **wheat, soya**  
May contain: **milk**

May also contain Milk.

#### Lifestyle

Suitable for Vegetarians

**Each biscuit contains:**

Energy	Sugars	Fat	Salt	Saturates
218kJ 52kcal	3.4g	2.1g	0.04g	0.6g
<b>3%</b>	High 4%	High 3%	Medium <b>1%</b>	High 3%

of your RI†

Typical energy values per 100g: 1985kJ/473kcal

†RI = Reference Intake

## Description

**Net Content**

154 Grams

**Additives**

Free From: Artificial Colours

Free From: Artificial Flavours

**Ingredients**

**Wheat** Flour, Vanilla Flavour Filling (29%) [Sugar, **Wheat** Starch, Vegetable Oils [Palm, Palm Kernel], Flavourings, Emulsifier (**Soya** Lecithins)], Sugar, High Oleic Sunflower Oil, Fat-Reduced Cocoa Powder (5%) [Fat-Reduced Cocoa Powder\*, Acidity Regulators (Potassium Carbonates, Sodium Carbonates)], Raising Agents (Potassium Carbonates, Ammonium Carbonates), Emulsifier (**Soya** Lecithins), Salt, Flavouring, \*Rainforest Alliance Certified

**Nutritional Values**

Typical values per 100g Per biscuit

<b>Typical values</b>	Per 100g	Per biscuit
Energy kcal	473	52
Energy kJ	1985	218
Fat	19g	2.1g
of which saturates	5.8g	0.6g
Carbohydrate	70g	7.6g
of which sugars	31g	3.4g
Fibre	2.8g	<0.5g
Protein	5.0g	0.6g