

BALLYMALOE RELISH, CHEESE & CRACKER SELECTION

INGREDIENTS:

Ballymaloe Relish: Tomatoes (41%), Vinegar, Sugar, Onions, Sultanas, Tomato Puree (5%), Sea Salt, **Mustard Seed, Spices.**

Horgans Vintage Irish Cheddar: **Milk**

Cashel Blue®: **Milk**

Cooleeney Camembert: **Milk.**

Sheridans Crackers: Wholemeal **Wheat Flour** (58%), **Buttermilk** (25%), **Butter (Milk)** (16%), Sea Salt.

For allergens, including cereals containing gluten, see ingredients highlighted in **bold**. Sheridans Crackers are made in a bakery which also handles nuts.

BALLYMALOE ORIGINAL RELISH

Nutrition Information:		
Typical values	per 100g	per 12g
Energy	682kJ/161kcal	84kJ/20kcal
Fat	0.1g	0g
of which saturates	0.1g	0g
Carbohydrates	37.4g	4.6g
of which sugars	33.1g	4.1g
Fibre	1.9g	0.2g
Protein	1.8g	0.2g
Salt	1.40g	0.17g

JAR CONTAINS APPROX. 17 SERVINGS

VINTAGE IRISH CHEDDAR

Nutrition Information:		
Typical values	per 100g	per 30g
Energy	1725kJ/416kcal	518kJ/125kcal
Fat	34.9g	10.5g
of which saturates	21.7g	6.5g
Carbohydrates	0.1g	0g
of which sugars	0.1g	0g
Fibre	0g	0g
Protein	25.4g	7.6g
Salt	1.80g	0.54g

PACK CONTAINS APPROX. 7 SERVINGS

CASHEL BLUE®

Nutrition Information:		
Typical values	per 100g	per 30g
Energy	1444kJ/348kcal	433kJ/104kcal
Fat	28.8g	8.6g
of which saturates	18.4g	5.5g
Carbohydrates	0.9g	0.3g
of which sugars	0.2g	0.1g
Fibre	0g	0g
Protein	20.4g	6.1g
Salt	2.00g	0.60g

PACK CONTAINS APPROX 6 SERVINGS

COOLEENEY CAMEMBERT

Nutrition Information:		
Typical values	per 100g	per 30g
Energy	1185kJ/286kcal	356kJ/86kcal
Fat	23.1g	6.9g
of which saturates	14.6g	4.4g
Carbohydrates	3.3g	1g
of which sugars	<0.1g	0g
Fibre	0g	0g
Protein	16.2g	4.9g
Salt	1.39g	0.42g

PACK CONTAINS 8 SERVINGS

SHERIDANS CRACKERS

Nutrition Information:		
Typical values	per 100g	per 46g
Energy	1339kJ/320kcal	616kJ/147kcal
Fat	14.6g	6.7g
of which saturates	8.8g	4.0g
Carbohydrates	37.7g	17.3g
of which sugars	3.0g	1.4g
Fibre	7.1g	3.3g
Protein	8.9g	4.1g
Salt	1.2g	0.55g

PACK CONTAINS APPROX 3 SERVING

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

SUITABLE FOR VEGETARIANS.

STORAGE INSTRUCTIONS:

Keep refrigerated 0°C to 5°C.

Relish: Consume within 6 months.

Cheese: Consume within 3 days of opening.

Crackers: Once open store in airtight container

and consume within 74 days.

Vintage Irish Cheddar packaged

in a protective atmosphere.