

CHOCOLATE LAVA CAKE (3oz)

Valeur nutritive		% VQ* / % DV*			% VQ* / % DV*
Nutrition Facts					
pour 1 gâteau (85 g)					
Per 1 cake (85 g)					
Calories 320	Lipides / Fat 18 g		24 %	Protéines / Protein 5 g	
	saturés / Saturated 6 g		31 %	Cholestérol / Cholesterol 100 mg	
	+ trans / Trans 0,1 g			Sodium 55 mg	2 %
	Glucides / Carbohydrate 37 g			Potassium 100 mg	2 %
	Fibres / Fibre 2 g		7 %	Calcium 30 mg	2 %
	Sucres / Sugars 30 g		30 %	Fer / Iron 3,5 mg	19 %
* VQ = valeur quotidienne					
* DV = Daily Value					
*5% ou moins c'est peu, 15% ou plus c'est beaucoup / *5% or less is a little, 15% or more is a lot					

INGREDIENTS: Liquid whole egg, Sugars (sugar, fructose), Dark chocolate (sugar, unsweetened chocolate cocoa butter, soy lecithin, vanilla extract), Milk chocolate (sugar, cocoa butter, chocolate liquor, milk ingredients, soy lecithin, vanilla extract), Margarine of canola oil and modified palm and palm kernel oils (soy), Wheat flour, Cocoa, Glycerin.

Contains: Egg, Milk, Wheat, Soy

May contain: Oat, Barley, Sulphites

CHOCOLATE LAVA CAKE FILLED WITH CARAMEL (3oz)

Valeur nutritive		% VQ* / % DV*	Nutrition Facts		% VQ* / % DV*
pour 1 gâteau (85 g)			Lipides / Fat 18 g		24 %
Per 1 cake (85 g)			saturés / Saturated 7 g		36 %
Calories 360			+ trans / Trans 0,1 g		
* VQ = valeur quotidienne			Glucides / Carbohydrate 48 g		
* DV = Daily Value			Fibres / Fibre 2 g		7 %
			Sucres / Sugars 36 g		36 %
			Protéines / Protein 5 g		
			Cholestérol / Cholesterol 90 mg		
			Sodium 85 mg		4 %
			Potassium 125 mg		3 %
			Calcium 40 mg		3 %
			Fer / Iron 3 mg		17 %
			*5% ou moins c'est peu, 15% ou plus c'est beaucoup / *5% or less is a little, 15% or more is a lot		

INGREDIENTS: Liquid whole egg, Caramel filling (sugars [glucose, glucose-fructose, sugar, brown sugar], hydrogenated palm oil (soy), modified milk ingredients, water, pectin, salt, potassium sorbate, soy lecithin, disodium phosphate, polysorbate 60, natural and artificial flavour, FD&C colors (yellow #5, yellow #6), caramel color), Sugars (sugar, fructose), Dark chocolate (sugar, unsweetened chocolate processed with alkali, cocoa butter, soy lecithin, vanilla extract), Milk chocolate (sugar, cocoa butter, chocolate liquor, milk ingredients, soy lecithin, vanilla extract), Margarine of canola oil and modified palm and palm kernel oils (soy), Wheat flour, Cocoa, Glycerin.

Contains: Egg, Milk, Soy, Wheat
 May contain: Oat, Barley, Sulphites

CHOCOLATE LAVA CAKE FILLED WITH RASPBERRY (3oz)

Valeur nutritive	% VQ* / % DV*		% VQ* / % DV*	
Nutrition Facts	Lipides / Fat 14 g	19 %	Protéines / Protein 2 g	
pour 1 millefeuille (95 g)	saturés / Saturated 8 g	42 %	Cholestérol / Cholesterol 25 mg	
Per 1 napoleon (95 g)	+ trans / Trans 0,4 g		Sodium 100 mg	4 %
Calories 270	Glucides / Carbohydrate 34 g		Potassium 30 mg	1 %
* VQ = valeur quotidienne	Fibres / Fibre 0 g	0 %	Calcium 50 mg	4 %
* DV = Daily Value	Sucres / Sugars 23 g	23 %	Fer / Iron 0,5 mg	3 %
*5% ou moins c'est peu, 15% ou plus c'est beaucoup / *5% or less is a little, 15% or more is a lot				

Cream (cream, milk, microcrystalline cellulose, carrageenan, cellulose gum), Partially skimmed milk, Water, Vanilla icing (sugars [sugar, glucose, dextrose] water, blend of vegetable oils (canola oil, modified palm oil and palm kernel oils, mono and diglycerides), glycerin, modified corn starch, calcium carbonate, salt, titanium dioxide (color), potassium sorbate, polyglycerol esters of fatty acids, xanthan gum, agar agar, locust bean gum, sorbitol, artificial flavour, brilliant blue FD&C (blue #1), sulphites), Sugars (icing sugar, sugar, liquid invert sugar, dextrose), Wheat flour, Emulsified oil blend (modified palm oil, canola oil, palm kernel oil, carotene, citric acid, mono and diglycerides, polysorbate 60), Bavarian preparation (modified corn starch, sugar, xanthan gum, salt, artificial flavour, sodium phosphate, color (titanium dioxide, tartrazine, Sunset Yellow FCF), Fondant (sugars [sugar, glucose] water, agar-agar), Chocolate flavored confectionery (sugar, modified and hydrogenated vegetable fat (palm kernel and/or palm), cocoa powder, buttermilk powder, butteroil, hydrogenated vegetable fat, polysorbate 60, soy lecithin, vanillin, natural flavours), Margarine of canola oil and modified palm and palm kernel oils (soy), Butter, Cocoa butter, Salt, Canola oil, Modified milk ingredients, Xanthan gum, Artificial flavour.

Contains: Milk, Wheat, Soy, Sulphites
 May contain: Oat, Egg, Barley