LOLA'S
·BAKERY·

# VEGAN CARROT CUPCAKE

Ingredients : Water , Carrots (13%) , Gluten free plain flour (Rice,Potato,Tapioca,Maize,Buckwheat) , Caster sugar , Unsalted cashew [NUTS] , Eggs [EGG] , Sunflower oil or rapeseed oil , Coconut oil , Almond milk [NUTS] (Water,Almond 2.3% [NUTS],Calcium (Tri-Calciumphosphate),Sea Salt,Stabaliser (locust bean gum, gellen gum),Emulsifier (Sunflower Lecithin),Vitamins (Riboflavin B2, B12, E, D2)) , Light brown sugar (Sugar,Cane molasses,Inverted Sugar Syrup) , Ground almonds [NUTS] , Agave syrup , Crushed pineapple (Crushed pineapple,Pineapple Juice) , Lemon juice , Walnut pieces [NUTS] , Orange zest peel (Sugar,Acidity Regulator (Citric acid),Antioxidant (Ascorbic Acid, (Vitamin C)),Orange) , Ground cinnamon (Ground Cassia) , Natural vanilla (Glycerine,Vanilla Powder) , Gluten free baking powder (Rice flour,Sodium Bicarbonate,sodium di hydrogen diphosphate) , Vanilla essence (Water,Propylene Glycol,Colour (Plain Caramel),Flavouring) , Lemon zest , Salt , Sodium bicarbonate , Stabiliser: xanthan gum

Suitable for vegetarians

For allergens please see ingredients in bold.

Please note our Bakery handle Nuts, Milk, Eggs, Soya, Peanuts, Sesame and Sulphites.

## Nutritionals

| | Total Per item | Total Per 100 gr |
|---|---|---|
| Energy (Kj) | 1545 | 1236 |
| Energy (KCal) | 371 | 297 |
| Fat (g) | 25 | 20 |
| of which Saturates (g) | 8 | 6 |
| Carbohydrate (g) | 31 | 25 |
| of which Sugars (g) | 20 | 16 |
| Protein (g) | 5.05 | 4.04 |
| Fibre (g) | 1.83 | 1.47 |
| Salt (g) | 0.49 | 0.39 |

Total Weight : 125 ge