

## Hovis Wholemeal Bread

**Hovis**  
**Tasty Wholemeal**  
**Medium Sliced Wholemeal Bread**

Tasty Hovis® Wholemeal is a much-loved family favourite. Naturally rich in wholegrains and made with 100% wholemeal flour, this tasty loaf is high in fibre and low in fat. And with over 130 years of baking experience, our expert bakers give you a taste of Hovis® heritage in every slice.

**INGREDIENTS:** Wholemeal Flour (**Wheat**), Water, **Wheat** Protein, Yeast, Granulated Sugar, Salt, **Soya** Flour, **Wheat** Flour (with added Calcium, Iron, Niacin, Thiamin), Vegetable Oil (Palm, Rapeseed), Emulsifiers: E471, E472e; Preservative: E282, Caramelised Sugar, Flour Treatment Agent: Ascorbic Acid.

This product contains 61% wholegrains from wholemeal flour.

**ALLERGY ADVICE:** For allergens including cereals containing gluten, see ingredients in **bold**.

**STORAGE INSTRUCTION:** For Best Before date, see bag tie. To keep your loaf at its best, store away from direct sunlight in a cool, dry place - ideally not in the fridge. Once opened, reseal the bag. If freezing, freeze as soon as possible after purchase. Best within 3 months.

**QUERIES OR COMMENTS:** We'd love to hear from you. If you've any questions or comments, please do get in touch.  
[www.hovis.co.uk](http://www.hovis.co.uk)  
 UK: 0800 022 3394  
 ROI: 1800 937502

NUTRITION INFORMATION			
Typical Values	Per 100g	Per Slice 40g	% RI*
Energy	934kJ 221kcal	374kJ 88kcal	4%
Fat	1.8g	0.7g	1%
of which saturates	0.4g	0.2g	1%
Carbohydrates	37.8g	15.1g	6%
of which sugars	4.1g	1.6g	2%
Fibre	6.8g	2.7g	6%
Protein	10.0g	4.0g	8%
Salt	0.90g	0.36g	6%

## Ham

Sliced, cured and cooked reformed ham with added water.

**INGREDIENTS**  
 Pork (88%), Water, Salt, Dextrose, Stabilisers (Potassium Triphosphate, Sodium Triphosphate, Tetrapotassium Diphosphate), Mineral Sea Salt, Honey, Brown Sugar, Antioxidant (Sodium Ascorbate), Gluten Free Breadcrumbs [Rice Flour, Cornflour, Salt, Dextrose, Rapeseed Oil, Colours (Curcumin, Paprika Extract)], Preservative (Sodium Nitrite), Pork Gelatine, Caramelised Sugar Syrup.  
 Made using British & EU pork.

**STORAGE**  
 Keep refrigerated. Once opened, consume within 2 days and by 'use by' date shown. Packaged in a protective atmosphere.

For more information about our strict welfare and quality standards visit [tescoplc.com](http://tescoplc.com)

Tesco Stores Ltd., Welwyn Garden City AL7 1GA, U.K.  
 Tesco Ireland Ltd., Gresham House, Marine Road, Dun Laoghaire, Co. Dublin. © Tesco 2020. SCI05430

**NUTRITION As sold**

Typical values	Per 100g	2 slices (27g)
Energy	527kJ 126kcal	142kJ 34kcal
Fat	5.2g	1.4g
of which saturates	1.8g	0.5g
Carbohydrate	1.4g	0.4g
of which sugars	1.3g	0.4g
Fibre	1.0g	0.3g
Protein	17.8g	4.8g
Salt	1.6g	0.4g

Pack contains 15 servings  
 \*Reference intake of an average adult (8400kJ / 2000kcal)

**Recycling**  
 TRAY Widely Recycled  
 FILM Not Yet Recycled

**400g e** GB MK 023

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**Butter**

64% fat spread with buttermilk

**NUTRITION INFORMATION**  
TYPICAL VALUES PER 100g

Energy	2414kJ / 587kcal
Fat	64.5g
of which saturates	23.7g
of which mono-unsaturates	27.4g
of which polyunsaturates	10.7g
Carbohydrate	1g
of which sugars	1g
Protein	0.7g
Salt	1.5g

**INGREDIENTS**  
Vegetable Oils in varying proportions (Sustainable Palm, Rapeseed), **Buttermilk** (20%), Water, Salt, Natural Flavouring, Colour (Carotenes).  
Clover is committed to Sustainable Palm Oil.  
For more information, please visit [www.uk.saputo.com](http://www.uk.saputo.com)

PRODUCED IN THE UK  
FOR BEST BEFORE: SEE SIDE  
KEEP REFRIGERATED BELOW 5°C

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**sDairy free Butter**

**INGREDIENTS:** VEGETABLE OILS (SUNFLOWER (32%), PALM, LINSEED), WATER, SALT (0.75%), NATURAL FLAVOURING, VITAMIN E, VITAMIN A&D, NATURAL COLOUR (CAROTENES), VITAMIN B12

**NUTRITIONAL INFORMATION**

TYPICAL VALUES	per 100g	per 10g
ENERGY (kJ/KCAL)	2024/490	202/49
FAT	53.1g	5.3g
OF WHICH SATURATES	13.8g	1.4g
CARBOHYDRATE	2.9g	0.3g
OF WHICH SUGARS	<0.5g	<0.5g
PROTEIN	<0.5g	<0.5g
SALT	0.77g	0.08g
VITAMIN A	800 µg (100% RI)	80 µg (10% RI)
VITAMIN D	7.5 µg (150% RI)	0.8 µg (15% RI)
VITAMIN E	38 mg (317% RI)	3.8 mg (32% RI)
VITAMIN B12	5 µg (200% RI)	0.5 µg (20% RI)
OMEGA 3	3422 mg	342 mg

RI - REFERENCE INTAKE

VEGETABLE FAT SPREAD (54%) WITH 32% SUNFLOWER OIL  
\*FREE FROM ARTIFICIAL FLAVOURS, COLOURS & PRESERVATIVES \*\*BUTTER CONTAINS 540 PER 100G  
KEEP REFRIGERATED - BEST BEFORE SEE LID - SUITABLE FOR FREEZING  
CONTAINS 50 SERVINGS

**TUB Recycle**  
**LID Recycle**

WE'RE ALWAYS FREE FROM...

- ✓ DAIRY, GLUTEN, LACTOSE
- ✓ ARTIFICIAL FLAVOURS & COLOURS
- ✓ PRESERVATIVES & ADDITIVES
- ✓ GM INGREDIENTS & HYDROGENATED FATS

WE USE CERTIFIED SUSTAINABLE PALM OIL

  
RSPO  
2-0868-18-100-00

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[PUREFREEFROM.CO.UK](http://PUREFREEFROM.CO.UK)



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## Mature Cheddar Cheese

Mature Cheddar cheese.

**Allergy advice**  
Contains milk.

Suitable for vegetarians

**Storage**  
Keep refrigerated.  
Once opened, consume within 3 days and by date shown. Packaged in a protective atmosphere.

Produced in the U.K. using milk from the U.K. for Tesco Stores Ltd., Welwyn Garden City AL7 1GA, U.K. & Tesco Ireland Ltd., Gresham House, Marine Road, Dun Laoghaire, Co. Dublin.  
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**Nutrition**  
As sold

Typical values	Per 100g	One slice (25g)
Energy	1725kJ 416kcal	431kJ 104kcal
Fat	34.9g	8.7g
of which saturates	21.7g	5.4g
Carbohydrate	0.1g	<0.1g
of which sugars	0.1g	<0.1g
Fibre	0.0g	0.0g
Protein	25.4g	6.4g
Salt	1.8g	0.5g

Pack contains 10 servings  
\*Reference intake of an average adult (8400kJ / 2000kcal)

**Recycling**

 FILM Not yet recycled

 TRAY Not yet recycled

250g e 

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## Plain Wheat Tortilla Wrap

8 Plain wheat tortilla wraps.

**HEATING INSTRUCTIONS**

- Remove all packaging.
- Wrap all the tortillas in tin foil and place in a pre-heated oven for 8 minutes.

OVEN		8 mins
200°C Fan 180°C Gas 6		

- Heat on full power.


MICROWAVE	
800W	900W
1 Tortilla	
8 secs	6 secs
8 Tortillas	
30 secs	20 secs

**Important**  
All appliances vary, these are guidelines only.

**INGREDIENTS**

Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Palm Oil, Humectant (Glycerol), Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Sugar, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Acidity Regulator (Citric Acid), Salt, Preservative (Calcium Propionate), Flour Treatment Agent (L-Cysteine Hydrochloride).

**Allergy Advice**  
For allergens, including cereals containing gluten, see ingredients in **bold**.

 Suitable for vegans

**WHY NOT TRY**

For homemade tortilla chips, cut into triangles, place in baking tray, drizzle with oil...