



**ENGLISH  
PROVENDER CO.**

for Life's little luxuries

**EPC products - Nutritional information**

	Energy (kJ)	Energy (kcal)	Protein	Carbohydrate	of which sugar	Total Fat	Saturated fat	Fibre	Sodium	Salt equiv.
<b>CHUTNEYS</b>										
Organic Spicy Onion	1042	245	1.2	59	49.9	0.5	0.1	3.5	0.1	0.25
Organic Sweet Tomato & Chilli	876	206	0.8	50.1	40.9	0.3	0.1	1.8	0.4	1.00
Moroccan Spiced	748	176	1.5	41.6	27.7	0.4	0.1	1.7	0.74	1.85
Ploughman's Plum	697	164	1.5	38.6	26.6	0.4	0.2	2	trace	0.01
Sweet Pickle	502	119	0.5	26	19.4	0.2	0.1	0.2	0.5	1.25
Mango, Plum & Ginger	711	167	0.6	39.9	29.3	0.6	0.3	1.7	0.3	0.75
Organic Bramble Apple	609	143	0.7	33.8	32.2	0.6	0.2	4.1	0.72	1.80
Wild Cranberry	750	177	1.5	41.3	25.8	0.6	0.2	1.9	0.7	1.75
Piccalilli	313	74	0.9	14.9	11.9	1.2	0.2	1.6	0.5	1.25
<b>CONDIMENTS</b>										
New Apple Sauce with Cider - tbc										
New Mint Sauce with Balsamic Vinegar - tbc										
Hot Horseradish	658	157	1.8	19.5	7	8	0.7	3.8	0.1	0.25
Dill Mustard	1949	471	1.5	17.8	7.2	43.8	5.4	1	0.93	2.33
Seafood Sauce	1962	475	1.9	15.1	9.7	45.2	3.6	0.4	0.2	0.50
Tartare Sauce	1793	435	2.2	3.6	2.9	45.8	6.4	1.3	0.5	1.25
Hot Chilli Relish	993	234	0.4	55.6	41.6	1.1	0.1	1.7	0.05	0.13
Cumberland Sauce	1196	282	0.57	67.6	59.9	1	0.1	1.8	trace	0.01
Aioli Flamed Roasted Garlic Sauce	2009	488	1.9	5.7	3.2	50.8	5.9	0.5	0.4	1.00
Organic Wild Cranberry	1164	274	0.3	67.3	51.3	0.4	0.2	1.1	trace	0.01
Wild Cranberry Sauce	1118	263	0.3	64.6	55.7	0.4	0.1	1.8	0.05	0.13
<b>LOW FAT DRESSINGS</b>										
Honey & Mustard	469	111	2.5	21.8	18.4	1.5	0.1	1	trace	0.01
Lime & Coriander	440	104	1.6	22.3	22.3	0.9	0.1	1.1	trace	0.01
Classic French	210	50	1	6.8	3.7	2.1	0.3	1.5	0.5	1.25
Balsamic Italian	282	67	0.8	9.9	7.3	2.7	0.5	0.2	0.6	1.50
<b>ORGANIC DRESSINGS</b>										
Organic Honey & Mustard	511	121	0.8	22.3	16.5	3.2	0.3	1.3	0.3	0.75
Organic Classic French	272	65	1.3	9.8	5.7	2.2	0.2	0.4	0.5	1.25
<b>INDULGENT DRESSINGS</b>										
Honey & Mustard	1500	363	0.7	14.4	13.6	33.6	2.4	0.5	0.42	1.10
Balsamic	1120	260	0.2	14.7	13.6	23.4	1.9	Trace	0.43	1.10
Classic Vinaigrette	1720	418	0.5	8.6	7.3	42.4	3.2	Trace	0.55	1.40
<b>SINGLES DRESSINGS</b>										
Honey & Mustard	740	175	0.9	40	40	0.8	0.1	Trace	0.82	2.10
Lime & Coriander	547	129	0.7	29.8	29.3	0.7	0.3	1	0.89	2.30
Classic French	354	84	0.8	14.7	12.1	2.4	0.2	Trace	1.07	2.70
<b>FLOWER WATERS</b>										
Rose Flower Water	10	2	0.1	0.6	0.1	0.1	0.1	0.1	trace	0.01
Orange Flower Water	15	4	0.1	0.8	0.2	0.1	0.1	0.1	trace	0.01