

Technical Data Sheet (Product Information)

Product Name	Lemon Pancake (MRP)		
Descriptive Name	Lemon flavour milk and soya protein pancake mix. With sweetener. Meal replacement for weight control.		
Serving Size	Individual Serving	Pack Size	54 g e
Ingredients	Ingredients: White self-raising flour (wheat flour (with added calcium carbonate, iron, niacin, thiamin), raising agents (mono calcium phosphate, sodium bicarbonate)), Milk protein, Soya protein isolate, Soya flour, Skimmed milk powder, Lemon juice powder (maltodextrin, lemon juice, acid: citric acid, dextrose, natural flavouring), Soya lecithin, Flavouring, Powdered cellulose, Potassium chloride, Refined soya oil, Compound vitamin and mineral mixture (maltodextrin, vitamin C [ascorbic acid], ferrous fumarate, vitamin B3 [nicotinamide], vitamin E [dl- α tocopheryl acetate], zinc oxide, calcium D-pantothenate, copper gluconate, manganese sulphate, vitamin B6 [pyridoxine hydrochloride], vitamin B1 [thiamine hydrochloride], vitamin A [retinol acetate], vitamin B2 [riboflavin], folic acid, potassium iodate, chromic chloride, sodium molybdate, sodium selenite, vitamin K [α -phyloquinone], D-biotin, vitamin D3 [cholecalciferol], vitamin B12 [cyanocobalamin]), Calcium phosphate, Magnesium oxide, Calcium carbonate, Stabiliser: xanthan gum, Glucose syrup, Sweetener: sucralose.		
Allergen Advice	For allergens, including cereals containing gluten, see ingredients in bold . Not suitable for people with peanut, tree nut or sesame seeds allergy. Suitable for vegetarians.		
Storage Suggestions	Store in a cool dry place away from direct sources of heat.		
Preparation Instructions	Pancakes: Grab a jug or bowl. Add 75–85 ml of cold water along with your sachet of pancake mix and whisk well. Place a nonstick pan onto the hob with a low/medium heat. Add 3 sprays of 1 kcal cooking spray to the heated pan. Pour half of your mix to the pan and use a spatula to spread the mix. Cook until golden brown, turning regularly. Repeat for 2nd pancake. Waffles: Grab a jug or bowl. Add 55ml of cold water to one sachet of pancake mix. Mix well until smooth. Apply mixture evenly with a spatula to waffle maker griddle surface and cook until cooked throughout and then serve.		
Instructions for use	Do not reheat.		
FBO Address	Manufactured in the UK by Cambridge Weight Plan Ltd, NN17 5LJ.		
Country of Origin Statement	None.		

Advisory Statement None.				
Nutritional Information	Units	Per 100g	Per 54 g serving	%RI per 100g / 54 g
Energy	kJ	1600	864	
Energy	kcal	380	205	
Fat	g	7.1	3.8	
of which saturates	g	2.1	1.1	
Mono-unsaturates	g	0.9	0.5	
Polyunsaturates	g	2.6	1.4	
Carbohydrate	g	48	26	
of which sugars	g	7.9	4.3	
Starch	g	1.3	0.7	
Fibre	g	4.7	2.5	
Protein	g	26	14	
Salt	g	0.81	0.44	
Vitamin A	µg	499	269	62/34
Vitamin D	µg	3.4	1.9	69/37
Vitamin E	mg	6.7	3.6	56/30
Vitamin K	µg	46	25	61/33
Vitamin C	mg	54	29	67/36
Thiamin	mg	0.9	0.5	83/45
Riboflavin	mg	0.8	0.4	56/30
Niacin	mg	10	5.5	64/34
Vitamin B6	mg	0.8	0.4	57/31
Folic Acid	µg	151	81.3	75/41
Vitamin B12	µg	1.4	0.8	56/30
Biotin	µg	32	17	65/35
Pantothenic Acid	mg	3.5	1.9	58/31
Potassium	mg	950	513	48/26
Chloride	mg	623	337	78/42
Calcium	mg	451	243	56/30
Phosphorus	mg	444	240	63/34
Magnesium	mg	218	118	58/31
Iron	mg	11	5.8	77/42
Zinc	mg	7.1	3.9	71/39
Copper	mg	0.9	0.5	89/48
Manganese	mg	1.6	0.8	78/42
Selenium	µg	38	20	69/37
Chromium	µg	27	15	68/37
Molybdenum	µg	59	32	118/64
Iodine	µg	114	61.4	76/41

Distributor & Internal Teams Information

Packaging Format 21 x 54 g e or 7 x 54 g e

Shelf Life 12 months from date of manufacture

Product Type Meal Replacement

CN Code	HS Code	Recipe Code	Recipe Revision	Revision Date
19019099	190190	366910A	1	09/05/2024

Product Images



Organoleptic / Sensory Description

Appearance Golden brown pancake (expected non-uniform colour variation on both sides)

Aroma Sweet, lemon.

Flavour Sweet, lemon, pancake.

Texture Soft, light, airy, moist.

Additional Nutritional Information

¹This product is compliant with Commission Regulation (EU) No 2019/649 which stipulates that the trans-fat content of food intended for the final consumer and food intended for supply to retail shall not exceed 2g per 100g of fat. This limit excludes trans-fats which occur naturally in fats of animal origin.

² In compliance with EU Regulation 2016/1413 this product contains at least 1g of linoleic acid per portion.

Compound Vitamin & Mineral Mixture – Ingredient Details		
Ingredients	mg / 100g in product recipe	mg / portion in product recipe
Maltodextrin	573.549	309.717
Vitamin C [Ascorbic acid]	80.415	43.424
Ferrous Fumarate	27.933	15.084
Vitamin B3 [Nicotinamide]	15.136	8.174
Vitamin E [dl- α tocopheryl acetate]	9.938	5.366
Zinc Oxide	7.900	4.266
Calcium D-pantothenate	5.372	2.901
Copper Gluconate	4.936	2.666
Manganese Sulphate	4.133	2.232
Vitamin B6 [Pyridoxine hydrochloride]	1.411	0.762
Vitamin B1 [Thiamin hydrochloride]	1.309	0.707
Vitamin B2 [Riboflavin]	1.008	0.544
Vitamin A [Retinol acetate]	0.943	0.509
Folic Acid	0.192	0.104
Potassium Iodate	0.165	0.089
Chromic Chloride	0.135	0.073
Sodium Molybdate	0.083	0.045
Sodium Selenite	0.080	0.043
Vitamin K [α -phyloquinone]	0.065	0.035
D-Biotin	0.049	0.026
Vitamin D3 [Cholecalciferol]	0.005	0.003
Vitamin B12 [Cyanocobalamin]	0.001	0.001
Dietary Preference Information		
Vegetarian Status	Suitable for vegetarians.	
Vegan Status	Not suitable for vegans.	
Halal Status	Product is halal certified.	
Ingredients Appropriate for Pictorial Representation	Lemons.	

Nutritional & Health Claims Information			
Claim	Justification	Conditions	
“Substituting one of the main daily meals of an energy restricted diet with a meal replacement contributes to the maintenance of weight after weight loss”	Product nutrition is compliant with the conditions stated in the annex of regulation (EU) 2016/1413.	To bear the claim, information shall be provided to the consumer on the importance of maintaining an adequate daily fluid intake and on the fact that the products are useful for the intended use only as part of an energy-restricted diet and that other foodstuffs should be a necessary part of such a diet.	
“Substituting two of the main daily meals of an energy restricted diet with meal replacements contributes to weight loss”	Product nutrition is compliant with the conditions stated in the annex of regulation (EU) 2016/1413.	To bear the claim, information shall be provided to the consumer on the importance of maintaining an adequate daily fluid intake and on the fact that the products are useful for the intended use only as part of an energy-restricted diet and that other foodstuffs should be a necessary part of such a diet.	
“High Protein”	The energy from protein in this product is >20% of the overall energy content.	None, unless a corresponding health claim is made.	
“High Fibre”	Product contains a minimum of 3.0g of fibre per 100kcal or at least 6.0g fibre per 100g.	None, unless a corresponding health claim is made.	
“High [Vit/Min]”	All vitamins and minerals in the nutritional declaration provide at least 30% of the RI/NRV. Excluding potassium.	None, unless a corresponding health claim is made.	
“Source of potassium”	Product provides at least 15% of the RI/NRV for potassium.	None, unless a corresponding health claim is made.	
Micro Profile			
Organism	Target	Accept	Reject
Aerobic Colony Count	< 1,000 c.f.u / g	< 10,000 c.f.u / g	> 10,000 c.f.u / g
Staphylococcus Aureus	< 20 c.f.u / g	< 100 c.f.u / g	> 100 c.f.u / g
Salmonella	Absent in 25g	Absent in 25g	Present in 25g
Heavy Metal Limits			
Lead (Pb)	Less than 0.30mg pr Kg	Mercury (Hg)	Less than 0.02mg pr Kg
Cadmium (Cd)	Less than 0.05mg pr Kg	Arsenic (As)	Less than 0.20mg pr Kg
Microbiological Standard (c.f.u = colony forming units). Total aflatoxins: less than 5 microgram per kilogram.			
Version Control (Technical use only)			
Revision	Reason for Revision	Issue Date	
1.2	Halal status confirmed.	26/09/2024	