



2024

# EASTER MEALS

INGREDIENTS, ALLERGENS & REHEATING GUIDE

## **READY-TO-HEAT EASTER HAM MEAL**

SERVES 8-10

## **READY-TO-HEAT EASTER HAM MEAL**

SERVES 4

## **READY-TO-HEAT EASTER PRIME RIB MEAL**

SERVES 2

## **READY-TO-COOK EASTER LAMB MEAL**

SERVES 2

## **READY-TO-HEAT BRUNCH**

SERVES 4



# READY-TO-HEAT EASTER HAM MEAL

SERVES 8-10

## MENU

Spiral Sliced Bone-In Honey Ham (9 lb)

Fresh Pineapple Slices (16 oz)

Green Beans With Sea Salt & Black Pepper Butter Steamer Bag (2 lb)

White Cheddar Scalloped Potatoes (2.5 lb)

Soft Golden Dinner Rolls (12 ct)

Deluxe White Cake (7 in)

## REHEATING INSTRUCTIONS

### Spiral Sliced Bone-In Honey Ham

**CONVENTIONAL OVEN:** Preheat oven to 325°F. Remove ham from outer packaging. Place in roasting pan or rimmed baking dish and redistribute glaze evenly over the surface of the ham. Cover tightly with foil and bake for 10-12 minutes per pound.

### Green Beans With Sea Salt & Black Pepper Butter Steamer Bag

**MICROWAVE:** Microwave steamer bag on high 3-4 minutes. **CAUTION: Steamer bag will be hot and may release steam when opened.**

### White Cheddar Scalloped Potatoes

**CONVENTIONAL OVEN:** Preheat oven to 350°F. Place potatoes in an oven-safe dish and cover with foil. Bake 45 minutes, remove foil, and bake an additional 15 minutes. Cook to internal temperature of 165°F.

**MICROWAVE:** Remove potatoes from packaging into a microwave-safe dish and cover. Heat on high for 6-7 minutes. Cook to internal temperature of 165°F.

### Soft Golden Dinner Rolls

Ready to eat. Heat if desired.

**CONVENTIONAL OVEN:** Preheat oven to 350°F. Remove dinner rolls from packaging and place on a sheet pan lined with parchment paper. Place foil over the top of the rolls and place in oven to warm for 3-5 minutes.

**MICROWAVE HEATING NOT RECOMMENDED.**

## INGREDIENTS & ALLERGENS

All products are prepared in an environment that uses peanuts, tree nuts, eggs, wheat, milk, soy, sesame, fish, shellfish and crustaceans.

### SPIRAL SLICED BONE-IN HONEY HAM

**INGREDIENTS:** HAM, WATER, SALT, HONEY, SODIUM LACTATE, BROWN SUGAR, SODIUM PHOSPHATES, SEASONING (DEXTROSE, SPICE EXTRACTIVES), SODIUM DIACETATE, SODIUM ERYTHROBATE, SODIUM NITRITE, GLAZED WITH: HONEY, CANE SUGAR, GELATIN, BROWN SUGAR, SWEETENER (REFINERS SUGAR, HONEY), CARAMEL COLOR.

### FRESH PINEAPPLE SLICES

**INGREDIENTS:** PINEAPPLE.

### GREEN BEANS WITH SEA SALT & BLACK PEPPER BUTTER STEAMER BAG

**INGREDIENTS:** GREEN BEANS, BUTTER (PASTEURIZED CREAM, LACTIC ACID), SEA SALT, BLACK PEPPER. **CONTAINS: MILK.**

### WHITE CHEDDAR SCALLOPED POTATOES

**INGREDIENTS:** COOKED REDSKIN POTATOES (POTATOES, SULFITES), WATER, HEAVY CREAM (CREAM, MILK), WHITE CHEDDAR CHEESE SPREAD (SHARP CHEDDAR [PASTEURIZED MILK, WATER, CREAM, SKIM MILK, CHEESE CULTURES, SODIUM PHOSPHATES, SALT, SORBIC ACID, ENZYMES, POWDERED CELLULOSE] AMERICAN CHEESE [PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES, WATER, WHEY, SODIUM PHOSPHATES, WHEY PROTEIN CONCENTRATE, SKIM MILK, SALT, MILKFAT], WHOLE MILK, MODIFIED CORN

STARCH, BUTTER (PASTEURIZED CREAM, SALT), SALT WHEAT FLOUR, NATURAL BUTTER FLAVOR (WHEY POWDER, SALT, NATURAL FLAVOR), GREEN ONION, MINCED GARLIC (GARLIC, WATER, CITRIC ACID), BLACK PEPPER, SEA SALT, AUTOLYZED YEAST, DRIED YEAST, SPICE.

**CONTAINS: MILK AND WHEAT.**

### SOFT GOLDEN DINNER ROLLS

**INGREDIENTS:** ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE, RIBOFLAVIN, FOLIC ACID, MALTED BARLEY FLOUR, WATER, SUGAR, MARGARINE (PALM OIL, WATER, SALT, VEGETABLE MONO- AND DIGLYCERIDES, NATURAL BUTTER FLAVOR, CITRIC ACID ADDED AS A PRESERVATIVE, COLORED WITH BETA CAROTENE, VITAMIN A PALMITATE ADDED) WHOLE MILK, WHOLE FRESH EGGS, YEAST, ALL PURPOSE SHORTENING, PALM OIL, SALT, WHEAT GLUTEN, NATURAL PRESERVATIVE (WHEAT FLOUR, ENZYME), DOUGH CONDITIONER (RYE FLOUR, MALTED BARLEY FLOUR) ASCORBIC ACID, ENZYMES) DOUGH CONDITIONER (WATER MONOGLYCERIDES AND LESS THAN 2% OF THE EACH OF THE FOLLOWING: PRESERVATIVES, PROPIONIC ACID AND PHOSPHORIC.) **CONTAINS: WHEAT, MILK AND EGGS.**

### DELUXE WHITE CAKE

**INGREDIENTS:** SUGAR, ENRICHED BLEACHED WHEAT FLOUR ( FLOUR, NIACIN, REDUCED IRON,

THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID ), CREAM CHEESE ( MILK, CREAM, CHEESE CULTURE, SALT, CAROB BEAN GUM ), MARGARINE ( PALM OIL, WATER, SOYBEAN OIL, SALT, MONO AND DIGLYCERIDES, ARTIFICIAL FLAVOR, ANNATTO EXTRACT, TO PRESERVE FRESHNESS ( CALCIUM DISODIUM EDTA ), VITAMIN A PALMITATE ), VEGETABLE SHORTENING ( PALM AND SOYBEAN OILS, MONO AND DIGLYCERIDES, POLYSORBATE 60 ), SOYBEAN OIL, EGGS, PALM AND PALM KERNEL OILS, CORN STARCH, WHITE CHOCOLATE CURLS (SUGAR, COCOA BUTTER, WHOLE MILK, WHEY, LACTOSE, SOY LECITHIN, NATURAL FLAVOR ), CONTAINS LESS THAN 2 PERCENT OF THE FOLLOWING: EGG WHITES, MODIFIED TAPIOCA AND CORN STARCH, LEAVENING ( SODIUM ACID PYROPHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE ), WHEAT STARCH, PROPYLENE GLYCOL MONO AND DIESTERS OF FATS AND FATTY ACIDS, WHEY, MILK, SALT, DEXTROSE, NATURAL AND ARTIFICIAL FLAVOR, MONO AND DIGLYCERIDES, SOY LECITHIN, SODIUM CASEINATE, GUAR GUM, POLYSORBATE 60, XANTHAN GUM, SODIUM STEAROYL LACTYLATE, NATURAL FLAVOR, DEXTRIN, CONFECTIONER'S GLAZE, DISODIUM PHOSPHATE, CARNAUBA WAX, ASCORBIC ACID, CITRIC ACID.

**CONTAINS: WHEAT, MILK, EGGS AND SOY.**



# READY-TO-HEAT EASTER HAM MEAL

SERVES 4

## MENU

Boneless Sliced Ham (3.5 lb)

Fresh Pineapple Slices (12 oz)

Green Beans With Sea Salt & Black Pepper Butter Steamer Bag (1 lb)

White Cheddar Scalloped Potatoes (1.5 lb)

Soft Rolls (4 ct)

The Fresh Market Strawberry Bar Cake (18 oz)

## REHEATING INSTRUCTIONS

### Boneless Sliced Ham

**CONVENTIONAL OVEN:** Preheat oven to 325°F. Remove ham from outer packaging. Place in roasting pan or rimmed baking dish and redistribute glaze evenly over the surface of the ham. Cover tightly with foil and bake for 10-12 minutes per pound.

### Green Beans With Sea Salt & Black Pepper Butter Steamer Bag

**MICROWAVE:** Microwave steamer bag on high 3-4 minutes. **CAUTION: Steamer bag will be hot and may release steam when opened.**

### White Cheddar Scalloped Potatoes

**CONVENTIONAL OVEN:** Preheat oven to 350°F. Place potatoes in an oven-safe dish and cover with foil. Bake 45 minutes, remove foil, and bake an additional 15 minutes. Cook to internal temperature of 165°F.

**MICROWAVE:** Remove potatoes from packaging into a microwave-safe dish and cover. Heat on high for 6-7 minutes. Cook to internal temperature of 165°F.

### Soft Rolls

Ready to eat. Heat if desired.

**CONVENTIONAL OVEN:** Wrap rolls in foil and place in 400°F oven for 3-5 minutes until warmed through.

## INGREDIENTS & ALLERGENS

All products are prepared in an environment that uses peanuts, tree nuts, eggs, wheat, milk, soy, sesame, fish, shellfish and crustaceans.

### BONELESS SLICED HAM

**INGREDIENTS:** PORK CURED WITH WATER, FRUCTOSE, BROWN SUGAR. CONTAINS 2% OR LESS: SALT, FLAVORING (PROPYLENE GLYCOL, INVERT SUGAR, ETHYL ALCOHOL, LACTIC ACID, NATURAL FLAVOR, CARAMEL COLOR), SPICES, POTASSIUM LACTATE, SODIUM LACTATE, SODIUM PHOSPHATES, SODIUM DIACETATE, SODIUM ERYTHORBATE, SODIUM NITRITE.

### FRESH PINEAPPLE SLICES

**INGREDIENTS:** PINEAPPLE.

### GREEN BEANS WITH SEA SALT & BLACK PEPPER BUTTER STEAMER BAG

**INGREDIENTS:** GREEN BEANS, BUTTER (PASTEURIZED CREAM, LACTIC ACID), SEA SALT, BLACK PEPPER. **CONTAINS: MILK.**

### WHITE CHEDDAR SCALLOPED POTATOES

**INGREDIENTS:** COOKED REDSKIN POTATOES (POTATOES, SULFITES), WATER, HEAVY CREAM (CREAM, MILK), WHITE CHEDDAR CHEESE SPREAD (SHARP CHEDDAR [PASTEURIZED MILK, WATER, CREAM, SKIM MILK, CHEESE CULTURES, SODIUM PHOSPHATES, SALT, SORBIC ACID, ENZYMES, POWDERED CELLULOSE] AMERICAN CHEESE [PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES, WATER, WHEY, SODIUM PHOSPHATES, WHEY PROTEIN CONCENTRATE, SKIM MILK, SALT, MILKFAT], WHOLE MILK, MODIFIED CORN STARCH, BUTTER (PASTEURIZED CREAM, SALT),

SALT WHEAT FLOUR, NATURAL BUTTER FLAVOR (WHEY POWDER, SALT, NATURAL FLAVOR), GREEN ONION, MINCED GARLIC (GARLIC, WATER, CITRIC ACID), BLACK PEPPER, SEA SALT, AUTOLYZED YEAST, DRIED YEAST, SPICE.

**CONTAINS: MILK AND WHEAT.**

### SOFT ROLLS

**INGREDIENTS:** WHEAT FLOUR ENRICHED (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID) MALTED BARLEY FLOUR) WATER, CANOLA OIL, WHEAT FLOUR, CULTURED WHEAT FLOUR, CULTURED WHEAT STARCH, WHEAT SOUR (WHEAT FLOUR, WATER, STARTER CULTURE), SALT, YEAST, SUGAR, DOUGH CONDITIONER (RYE FLOUR, MALTED BARLEY FLOUR, ASCORBIC ACID, ENZYMES) WHEAT GLUTEN, NATURAL PRESERVATIVE (WHEAT FLOUR, ENZYMES) ASCORBIC ACID. **CONTAINS: WHEAT.**

### THE FRESH MARKET STRAWBERRY BAR CAKE

**INGREDIENTS:** BAR CAKE: WHIPPING CREAM (CREAM, MILK, CELLULOSE GEL, CARRAGEENAN, CELLULOSE GUM), SWEETENED STRAWBERRIES (STRAWBERRIES, SUGAR), SUGAR, WATER, ENRICHED BLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMINE, RIBOFLAVIN, FOLIC ACID), EGGS, CONFECTIONER'S SUGAR (SUGAR, CORN STARCH), CANOLA OIL, MODIFIED CORN STARCH, NONFAT DRY MILK, BAKING POWDER (SODIUM ACID PYROPHOSPHATE,

SODIUM BICARBONATE, CORN STARCH, MONOCALCIUM PHOSPHATE, CALCIUM SULFATE), MODIFIED TAPIOCA STARCH, ALGINATE BLEND (TETRASODIUM DIPHOSPHATE, SODIUM ALGINATE), XANTHAN GUM. WHIPPED TOPPING: WATER, VEGETABLE OIL (PALM, PALM KERNEL, COCONUT AND/OR COTTONSEED), SUGAR, CORN SYRUP, DEXTROSE, CONTAINS LESS THAN 2% OF THE FOLLOWING: SODIUM CASEINATE (A MILK DERIVATIVE), GUM ARABIC, CARBOHYDRATE GUM, NATURAL FLAVOR (CONTAINS MILK INGREDIENTS), SALT, XANTHAN GUM, RICE EXTRACT, COLORED WITH (BETA CAROTENE. WHITE CHOCOLATE TFM LOGO: SUGAR, COCOA BUTTER, NON-HYDROGENATED PALM KERNEL OIL WITH SOYA LECITHIN, WHOLE MILK POWDER, COLORS: TITANIUM DIOXIDE FD&C YELLOW NO. 5, LACTOSE, FD&C BLUE NO. 1, EMULSIFIERS: SOY LECITHIN, NON HYDROGENATED PALM KERNEL AND PALM OIL, POLYGLYCEROL POLYRICINOLEATE, SORBITAN TRISTEARATE, NON-HYDROGENATED VEGETABLE OIL (COCONUT)NATURAL VANILLA, SKIMMED MILK POWDER. GLAZE: WATER, SUGAR, CORN SYRUP, PECTIN, CONTAINS 2% OR LESS OF THE FOLLOWING: CITRIC ACID, ARTIFICIAL FLAVOR, POTASSIUM SORBATE (PRESERVATIVE), SODIUM CITRATE, SODIUM METABISULFITE, PAPRIKA (COLOR). STRAWBERRIES. **CONTAINS: MILK, WHEAT, EGGS AND SOY.**



# READY-TO-HEAT EASTER PRIME RIB MEAL

SERVES 2

## MENU

Fully Cooked Prime Rib (1 lb)

Mascarpone Whipped  
Potatoes With Rosemary  
(1 lb)

Seasoned Green Beans (1 lb)

The Fresh Market Horseradish  
Aioli (4 oz)

## REHEATING INSTRUCTIONS

### Prime Rib

**MICROWAVE:** Place steak on microwave-safe plate and cover with a piece of green leaf lettuce or damp paper towel and microwave for 1-1.5 minutes or until heated to desired temperature.

### Mascarpone Whipped Potatoes With Rosemary

**CONVENTIONAL OVEN:** Preheat oven to 350°F. Remove potatoes from packaging into an oven-safe dish and cover with foil. Bake 35-40 minutes or until internal temperature reaches 165°F.

**MICROWAVE:** Remove potatoes from packaging into a microwave-safe dish and cover with lid or plastic wrap. Heat 2 minutes on high. Stir potatoes, then heat an additional 1-2 minutes until warmed through and internal temperature reaches 165°F.

### Seasoned Green Beans

**CONVENTIONAL OVEN:** Preheat oven to 350°F. Place green beans in an oven-safe dish and add ¼ c water or stock per pound of green beans. Cover with foil and bake 10-15 minutes or until internal temperature reaches 165°F.

**MICROWAVE:** Place green beans in a microwave-safe dish, cover and microwave for 4-6 minutes. Cook to internal temperature of 165°F.

## INGREDIENTS & ALLERGENS

All products are prepared in an environment that uses peanuts, tree nuts, eggs, wheat, milk, soy, sesame, fish, shellfish and crustaceans.

### PRIME RIB

**INGREDIENTS:** BEEF, CONTAINS UP TO 10% OF A FLAVORING SOLUTION AND CARAMEL COLOR ADDED. COATED WITH SALT, SUGAR, DEXTROSE, CARAMEL COLOR, GARLIC POWDER, ONION POWDER, AND SPICES. SOLUTION: WATER, SODIUM PHOSPHATES, SUGAR, SALT, AND FLAVORING.

### MASCARPONE WHIPPED POTATOES WITH ROSEMARY

**INGREDIENTS:** YUKON GOLD POTATOES (YUKON GOLD POTATOES, WHOLE MILK, BUTTER [SWEET CREAM {MILK}, SALT] SALT, NATURAL FLAVOR, NISIN PREPARATION {SALT, NISIN (A NATURAL ANTIMICROBIAL)}), MASCARPONE CHEESE (PASTEURIZED CREAM, ACIDITY CORRECTOR, CITRIC ACID AND RENNET), ROSEMARY.

**CONTAINS: MILK.**

### SEASONED GREEN BEANS

**INGREDIENTS:** GREEN BEANS, SEA SALT AND BLACK PEPPER BUTTER (BUTTER [PASTEURIZED CREAM, LACTIC ACID], SEA SALT, BLACK PEPPER). **CONTAINS: MILK.**

### THE FRESH MARKET HORSE RADISH AIOLI

**INGREDIENTS:** CANOLA OR SOYBEAN OIL, HORSE RADISH, WATER, EGG YOLKS, DIJON MUSTARD (WATER, MUSTARD SEED, VINEGAR, SALT, WHITE WINE, CITRIC ACID, TARTARIC ACID, TURMERIC SPICE), GARLIC SPICES, SEA SALT, DISTILLED VINEGAR, NATURAL FLAVOR, LEMON JUICE CONCENTRATE, WHEY POWDER (MILK), XANTHAN GUM, LACTIC ACID, ESSENTIAL MUSTARD OIL, NATURAL VITAMIN E ADDED TO PROTECT FLAVOR. **CONTAINS: EGGS AND MILK.**

*\*Product not included in meal.*



# READY-TO-COOK EASTER LAMB MEAL

SERVES 2

## MENU

Unseasoned or Seasoned  
French Cut Rack of Lamb  
(Avg. 28 oz)

Mascarpone Whipped  
Potatoes With Rosemary (1 lb)

Seasoned Asparagus (16 oz)

Hand-Dipped Chocolate  
Strawberries (8 ct)

## REHEATING INSTRUCTIONS

### Rack of Lamb

**CONVENTIONAL OVEN:** Preheat oven to 400°F. Heat 1 tbsp extra virgin olive oil\* in a large oven-safe skillet over medium-high. Season each side of lamb liberally with salt and pepper\* (skip this step if you are using seasoned rack of lamb). Place lamb (meaty-side down) in skillet and sear until browned, about 3 minutes, then flip. Transfer skillet to oven and roast until instant-read thermometer inserted into center of lamb reads 120-125°F for medium-rare, about 15-20 minutes. Let stand 5 minutes. Slice rack of lamb between bones and serve.

### Mascarpone Whipped Potatoes With Rosemary

**CONVENTIONAL OVEN:** Preheat oven to 350°F. Remove potatoes from packaging.

and into an oven-safe dish and cover with foil. Bake 35-40 minutes or until internal temperature reaches 165°F.

**MICROWAVE:** Remove potatoes from packaging into a microwave-safe container and cover with lid or plastic wrap. Heat 2 minutes on high. Stir potatoes, then heat an additional 1-2 minutes until warmed through and internal temperature reaches 165°F.

### Seasoned Asparagus

**CONVENTIONAL OVEN:** Preheat oven to 400°F. Place asparagus on sheet pan and roast 12 minutes or until tender. Finish the asparagus with fresh lemon zest\* and a squeeze of lemon juice.\*

*\*Product not included in the Lamb Meal for 2.*

## INGREDIENTS & ALLERGENS

All products are prepared in an environment that uses peanuts, tree nuts, eggs, wheat, milk, soy, sesame, fish, shellfish and crustaceans.

### FRENCH CUT UNSEASONED RACK OF LAMB

**INGREDIENTS:** LAMB.

### FRENCH CUT SEASONED RACK OF LAMB

**INGREDIENTS:** LAMB, MINCED GARLIC (GARLIC, WATER, PHOSPHORIC ACID), PEPPER BLEND (BUTCHER CUT PEPPER, HUDSON VALLEY SALT, NIGELLA SEEDS, TURBINADO SUGAR, GREEN AND RED BELL PEPPERS, PAPRIKA, GROUND BLACK PEPPER, GRANULATED ONION).

### MASCARPONE WHIPPED POTATOES WITH ROSEMARY

**INGREDIENTS:** YUKON GOLD POTATOES (YUKON GOLD POTATOES, WHOLE MILK, BUTTER [SWEET CREAM {MILK}, SALT] SALT, NATURAL FLAVOR, NISIN PREPARATION {SALT, NISIN (A NATURAL ANTIMICROBIAL)}), MASCARPONE CHEESE (PASTEURIZED CREAM, ACIDITY CORRECTOR, CITRIC ACID, AND RENNET), ROSEMARY.

**CONTAINS:** MILK.

### SEASONED ASPARAGUS

**INGREDIENTS:** ASPARAGUS, SALT AND PEPPER, OLIVE OIL.

### HAND-DIPPED CHOCOLATE STRAWBERRIES

**INGREDIENTS:** FILLING: SUGAR, NON-HYDROGENATED VEGETABLE FATS (PALM KERNEL), FRACTIONATED VEGETABLE FATS, COCOA POWDER (20%), SKIMMED MILK (12%), EMULSIFIER (E322 SOY LECHITHIN), FLAVOURING (VANILLA EXTRACT), NATURAL VANILLA FLAVORING, STRAWBERRIES. **CONTAINS:** SOY AND MILK.



# READY-TO-HEAT EASTER BRUNCH

SERVES 4

## MENU

Quiche Lorraine, Broccoli  
Cheddar Quiche or Spinach  
Tomato Quiche (24 oz)  
Tropical Fruit (24 oz)  
Blueberry Muffins (4 ct)

## REHEATING INSTRUCTIONS

### Quiche

**CONVENTIONAL OVEN:** Preheat oven to 350°F. Remove quiche from packaging and place on sheet pan. Place in center of preheated oven and bake for 35 minutes, until quiche is a light golden brown or until internal temperature reaches 165°F.

**MICROWAVE HEATING NOT RECOMMENDED.**

## INGREDIENTS & ALLERGENS

All products are prepared in an environment that uses peanuts, tree nuts, eggs, wheat, milk, soy, sesame, fish, shellfish and crustaceans.

### QUICHE LORRAINE

INGREDIENTS AND ALLERGENS PRINTED ON LABEL.

### BROCCOLI CHEDDAR QUICHE

INGREDIENTS AND ALLERGENS PRINTED ON LABEL.

### SPINACH TOMATO QUICHE

INGREDIENTS AND ALLERGENS PRINTED ON LABEL.

### TROPICAL FRUIT

**INGREDIENTS:** BLUEBERRIES, CANTALOUPE, HONEYDEW, PINEAPPLE, STRAWBERRIES, KIWI AND RED GRAPES.

### BLUEBERRY MUFFINS

**INGREDIENTS:** MUFFIN: BLEACHED WHEAT FLOUR, SUGAR, WATER, BLUEBERRIES, EGGS, SOYBEAN OIL, MODIFIED FOOD STARCH LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, MONOCLACIUM PHOSPHATE), NATURAL FLAVOR, DAIRY WHEY (MILK), SALT, MONODIGLYCERIDES, XANTHAN GUM, ENZYME. STREUSEL: ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID), SUGAR, PALM OIL, MOLASSES, SALT, ARTIFICIAL FLAVOR. **CONTAINS: WHEAT, MILK AND EGGS.**