

Brand and Cake	Grams of sugar / 100g
Cadbury Mini Rolls Milk Chocolate	42.4
Cadbury Mini Rolls Raspberry	44.1
Cadbury Dairy Milk Chocolate Slices	34.8
Cadbury Caramel Cake Bars	42.6
Mr Kipling Vinnese Whirls	26.5
Mr Kipling Bakewell Slices	36.5
Mr Kipling French Fancies	57.5
Mr Kipling Lemon Layered Slices	44.4
Mr Kipling Mini Battenberg Cakes	61.5
Mr Kipling Country Slices	36
Mr Kipling Chocolate Slices	38.3
Mr Kipling Chocolate Chip Cake Slices	38.9
Mr Kipling Chocolate Slices Reduced Sugar	25.6
Mr Kipling Victoria Slices	41.1
Mr Kipling Trifle Bakewells	36.9
Mr Kipling Almond Slices	33.1
Mr Kipling Angel Slices	39
Mr Kipling After Dinner Mint Fancies	54.3
Mr Kipling Carrot Cake Slices	37.5
Soreen Malt Lunchbox Loaves	17.1
Soreen Banana Malt Lunchbox Loaves	19.5
Soreen Apple Lunchbox Loaves	17.8
Soreen Strawberry Lunchbox loaves	19.3
Real Lancashire Eccles Cakes	41.6
Bonne Mamman La Madeleine	24
Bonne Mamman Lemon Madeleines	25

Bonne Maman Petit Fruit Cake	31	
Ms Molly's Chocolate Chip Cake Bars	25.3	
Ms Molly's Vanilla and Raspberry Mini Rolls	31	
Thorntons Billionaire Brownie Slices	42.7	
Mcvities Jaffa Cake Bars	47.8	
Mcvities Jaffa Cake Mini Rolls	52.6	
Galaxy Cake Bars	44.7	
Galaxy Caramel Cake Bars	42.6	
M&M's Cake Bars	45.4	
Weight Watchers Chocolate Cake Slices	13.8	
Weight Watchers Lemon Cake Slices	15.2	
Oggs Vegan Chocolate Fudge Cakes	27.6	
Oggs Vegan Zesty Lemon Cakes	32.9	
Oggs Vegan Victoria Sponge Cakes	31.2	
Average grams of sugar per 100g	35.5	
		% less than category average
Graze Banana Cake	22	38%
Graze Lemon and Poppyseed Cake	22	38%
Graze Carrot Cake	22	38%

Correct as of August 2020