

Fruit salad chews

From the sweeties.net wiki

Fruit Salad chews are small, soft chews with a raspberry and pineapple flavour. Like their partner the Black Jack, they are sold under the Barratt name, and they are made in Spain. According to Barratt's history, Fruit Salad and Black Jack first appeared in 1920.

What is in a Fruit Salad?

The listed ingredients are glucose syrup, sugar, hydrogenated vegetable fat, citric acid, soya lecithin as an emulsifier, flavourings and three colours: E104, E124 and E122. Each chew weighs 2.6 g, and a pack holds 15, which works out at about 38 chews in 100 g.

Because soya lecithin is in the recipe, Fruit Salads contain soya, one of the 14 allergens that must be emphasised on UK food labels. There is more on this in [soya in sweets](#).

Vegetarian since 2019

From 2019 the recipe no longer contains gelatine, which made Fruit Salads suitable for vegetarians. Plenty of classic chews used gelatine for their bite, so this was a real change. See [our guide to vegetarian sweets](#).

Nutrition

Per 100 g, Fruit Salads provide 1680 kJ (395 kcal), 0.8 g of protein, 84.1 g of carbohydrate and 6.1 g of fat. A single chew is about 10 kcal.

About those colours

E104 is quinoline yellow, E124 is ponceau 4R and E122 is carmoisine. All three were among six artificial colours studied by the UK Food Standards Agency for their effect on children. Food and drink containing any of the six must carry a warning on the label: may have an adverse effect on activity and attention in children. We explain the six in [the Southampton six colours](#).

A name change and back

While the chews were made under Tangerine Confectionery, Fruit Salads were rebranded from Barratt to Candy Land, with new packaging. They have since gone back to the Barratt name, which is how most people know them.

The Black Jack connection

Fruit Salads and [Black Jacks](#) are sister chews: one fruity, one aniseed. For more on chews, see [what are chews?](#)

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