



## Apple Custard Cake

You will surely enjoy our gluten free homestyle apple and custard cake.

Apples are rich in antioxidants, flavonoids and dietary fibre. They also contain vitamins A and C which support the immune system and vitamin K which is needed for blood clotting.



### Ingredients

Gluten Free Custard (42%) (Cream, Custard Powder, Water), Apple Mix (42%) (Apples, Water, Cinnamon, Sultanas), Gluten Free Sponge (13%) (Eggs, Sugar, Potato Flour, Gluten Free Self Raising Flour, Xanthan Gum), Gluten Free Crumbs (Buckwheat, Potato Flour, Xanthan, Water, Yeast). CONTAINS EGGS, MILK.

### Nutritional Details

	Regular Size 190g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		681kJ (163Cal)
Protein:		1.6g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:		8g
--Saturated:		5g
Carbohydrates:		21.4g
--Sugars:		9.1g
Dietary Fibre:		1.3g
Sodium:		32mg

#### Disclaimer:

Nutrition analysis is prepared using our FOODWORKS© software system. Dinners carrying the Heart Friendly Tick have undergone laboratory testing and results for Saturated Fat, Trans Fat, Sodium, Energy, Protein and Fibre or Vegetable content are guaranteed to comply with the criteria. Clients and Health Professionals should use all other calculations as a guide only when recommending or choosing suitable dinners.