



Carrot Cake

Fresh grated carrots, pineapples, sultanas, decorated with a delicious cream cheese and walnut icing.

Walnuts contain good fats, such as monounsaturated and polyunsaturated fats (PUFAs), but they are also a good source of the essential fatty acid omega-3. Other nutrients such as vitamin E and folate are also in walnuts and contribute to neuroprotection and memory function.

Ingredients

Canola Oil (contains Antioxidant 320), Sugar, Carrot (14%), Wheat Flour, Eggs, Neufchatel Cheese (9%), [Milk, Salt, Cream, Starter Culture, Vegetable Gum (410)], Pineapple, Sultanas (contains Cottonseed Oil), Shortening (contains Emulsifiers 322 Soy), Icing Sugar (Sugar, Maize Starch), Glucose Syrup (from Wheat), Walnuts, Maize Starch (1442), Iodised Salt, Cinnamon, Nutmeg, Baking Powder (contains Wheat Starch), Mineral Salt (500), Lemon Flavour (contains Milk). CONTAINS GLUTEN, EGG, MILK, SOY, TREE NUTS (WALNUTS). MAY CONTAIN SULPHITES.

Nutritional Details

Regular Size 140g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		1585kJ (380Cal)
Protein:		3.7g
Fat, Total:		24.9g
--Saturated:		5g
Carbohydrates:		34.9g
--Sugars:		23.9g
Dietary Fibre:		1.9g
Sodium:		354mg

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.