



Lamington Pack

Lamingtons with a light cream filling, two per pack!

Coconuts are nutritious and rich in fibre, vitamins C, E, B1, B3, B5 and B6 and minerals such as iron, selenium, calcium, magnesium and phosphorus.

Ingredients

Sugar, Water, Wheat Flour, Chocolate Dip [Sugar, Cocoa Powder, Gelatine, Thickener (1422), Vegetable Oil (Antioxidant 307), Flavour], Animal Fat and Vegetable Oils, Egg, Coconut, Starch (Rice, Wheat), Raising Agents (500, 541), Whey Powder, Vegetable Gum (415), Soy Flour, Salt, Emulsifiers (322 Soy, 471 Soy, 472b, 475, 477), Flavour, Antioxidant (306 Soy, 310), Colour (160a, 102, 150a), Preservative (223). CONTAINS WHEAT, GLUTEN, MILK & SOY, EGGS, TREE NUTS, SULPHITES.

Nutritional Details

| Regular Size 160g Per Serve | | |
|-----------------------------|------------------------------|---------------------------|
| Nutritional Details | Average Quantity per Serving | Average Quantity per 100g |
| Energy: | | 1520kJ (365Cal) |
| Protein: | | 3.2g |
| Fat, Total: | | 20.7g |
| --Saturated: | | 11.7g |
| Carbohydrates: | | 41.6g |
| --Sugars: | | 30.7g |
| Dietary Fibre: | | 2.2g |
| Sodium: | | 153mg |
| Phosphorus: | | 0mg |

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.