



Pavlova with Cream & Peach

Gluten free pavlova topped with peach and a generous serve of fresh cream. Peaches contain no saturated fats and are packed with numerous minerals and vitamins such as the anti-oxidant beta-carotene which plays a role in promoting healthy aging and the reduction of various disease processes.



Ingredients

Fresh Cream (44%), Peaches (31%), Meringue (25%) [Caster Sugar, Egg Whites, Cornflour, Vinegar].
CONTAINS EGGS & MILK PRODUCTS.

Nutritional Details

	Regular Size 80g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		928kJ (223Cal)
Protein:		2.3g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:		15.7g
--Saturated:		10.1g
Carbohydrates:		17.7g
--Sugars:		16.6g
Dietary Fibre:		0.6g
Sodium:		31mg
Potassium:		81mg
Phosphorus:		33mg

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.