



Trifle

Layered gluten free sponge, custard, jelly, fresh cream and Aussie peaches.

The name trifle was used for a dessert created in the 16th century. According to some scholars, trifle cakes might be the origin of modern sandwich cakes.



Ingredients

Sponge (Eggs, Castor Sugar, Potato Flour, Gluten Free Self Raising Flour, Xanthan Gum), Custard (Water, Custard Powder, Cream), Jelly (Sugar, Gelatin, Acidity Regulators, Natural Flavour and Colour), Fresh Cream, Peaches. CONTAINS EGGS, MILK PRODUCTS.

Nutritional Details

Regular Size 160g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		1010kJ (242Cal)
Protein:		3.2g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:		11.2g
--Saturated:		6.9g
Carbohydrates:		14.6g
--Sugars:		23.8g
Dietary Fibre:		0.5g
Sodium:		118mg
Potassium:		54mg
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.