



Apple & Rhubarb Crumble

Stewed apple and rhubarb pieces with a delectable crumble topping. Rhubarb is an excellent source of calcium. The rhubarb root is popular in ancient Chinese medicine for soothing stomach ailments and relieving constipation.



Ingredients

Apple (52%) [Apple, Apple Juice, Ascorbic Acid, Citric Acid, Calcium Lactate, Preservatives (223,202)], Wheat Flour, Sugar, Butter, Rhubarb (9%), Sultanas, Maize Starch (1422). *CONTAINS WHEAT, MILK PRODUCTS, SULPHITES

Nutritional Details

	Regular Size 180g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		885kJ (212Cal)
Protein:		1.7g
Fat, Total:		8g
--Saturated:		5.1g
Carbohydrates:		32.2g
--Sugars:		20.5g
Dietary Fibre:		1.9g
Sodium:		4mg

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.