



Apple Crumble

Stewed apple pieces with a delicious crumble topping.

Apples are rich in antioxidants, flavonoids and dietary fibre. Apples contain vitamins A and C which support the immune system and vitamin K which is needed for blood clotting. Apples also contain iodine which is involved in healthy thyroid function.



Ingredients

Apple (57%) (Apple, Apple Juice, Ascorbic Acid, Citric Acid, Calcium Lactate, Preservative (202,223)), Wheat Flour, Sugar, Butter, 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:		959kJ (230Cal)
Protein:		1.8g
Fat, Total:		8.8g
--Saturated:		5.6g
Carbohydrates:		34.8g
--Sugars:		22.4g
Dietary Fibre:		1.8g
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.