



Baked Cheesecake

Deliciously smooth cheesecake on a light sponge base.

Not only does cheese provide us with calcium and protein it also contains vitamin B12. Our body does not produce this vitamin so we need to obtain it from animal-based foods or from supplements. Vitamin B12 is required for many functions including producing red blood cells. Vitamin B12 also helps prevent a type of anaemia called Megaloblastic Anaemia.



Ingredients

Cream Cheese (Milk, Cream, Salt, Vegetable Gum (410), Starter Culture), Egg, Sugar, Sour Cream, Thickened Cream (Cream, Gelatine), Sponge (Flour (Wheat), Sugar, Rice Starch, Raising Agents (500, 541), Milk Solids, Emulsifiers (475, 471), Salt, Thickener (415)), Water, Custard Powder, Lemon Juice, Glaze (Sugar, Water, Glucose (220), Vegetable Gum (440), Acidity Regulator (330), Preservative (202)). CONTAINS: GLUTEN, MILK AND MILK PRODUCTS, EGGS, SOY. MAY CONTAIN TRACES OF NUTS

Nutritional Details

Regular Size 90g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		1187kJ (285Cal)
Protein:		5.2g
Fat, Total:		17.4g
--Saturated:		11.4g
Carbohydrates:		25.2g
--Sugars:		22.5g
Sodium:		206mg

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.