



## Bread & Butter Pudding with Custard

Enjoy traditional moist pudding with creamy custard.

Custard is a great source of calcium. Not only is calcium essential for healthy bone growth but calcium enables our blood to clot, our muscles to contract, and our heart to beat.



### Ingredients

Pudding [Milk, Egg, Bread (Wheat Flour), Water, Salt, Canola Oil, Yeast, Soy Flour, Emulsifiers (481, 471), Vitamins (Thiamine, Folate)], Cream, Sugar, Sultanas, Butter, Apricot Glaze (Sugar, Water, Glucose (Preservative 220), Vegetable Gum (440), Acidity Regulator (330), Apricot Oil, Colours (102,110)), Mixed Spice, Vanilla Essence (Colour 150a), Custard [Reconstituted Skim Milk, Sugar, Cream, Thickener (1442), Glucose, Maltodextrin, Flavour, Vegetable Gums (407, 415), Natural Colours (160a, 100). CONTAINS: GLUTEN, MILK AND MILK PRODUCTS, EGGS, SOY. MAY CONTAIN TRACES OF NUTS

### Nutritional Details

Regular Size 150g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		726kJ (174Cal)
Protein:		5.4g
Fat, Total:		6.5g
--Saturated:		3.6g
Carbohydrates:		22.7g
--Sugars:		16.6g
Sodium:		102mg

#### 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.