



Carrot Cake

Deliciously moist and gluten free, combining almond meal, grated carrot, pineapple, topped with rich cream cheese.



Ingredients

Ingredients: Sugar, Starches (Maize, Tapioca, Potato, Rice), Carrot, Eggs, Pineapple, Vegetable Oil, Unsalted Butter, Cream Cheese, Walnuts, Soy Products, Almond Meal, Gluten Free Baking Powder, Iodized Salt, Stabilisers (412, 415), Emulsifiers (471, 475), Ground Cinnamon, Flavours (Butter, Vanilla), Caramel Colour. CONTAINS EGGS, MILK, NUTS (ALMONDS, WALNUTS), SOY

Nutritional Details

	Regular Size 130g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		1263kJ (303Cal)
Protein:		6.3g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:		14.2g
--Saturated:		1.3g
Carbohydrates:		40.6g
--Sugars:		23.7g
Dietary Fibre:		1.3g
Folate:		16ug
Sodium:		189mg

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.