

Jam and Cream Sponge Cake

A delicate gluten free sponge with traditional jam and cream filling, gently dusted with icing sugar.



Ingredients

Sponge (80%) [Eggs, Castor Sugar, Potato Flour, Gluten Free Self Raising Flour, Xanthium Gum], Fresh Cream (16%), Mixed Berry/Strawberry Jam (4%). CONTAINS EGGS, DAIRY PRODUCTS.

Nutritional Details

	Regular Size 125g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		1230kJ (295Cal)
Protein:		6.1g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:		10.7g
--Saturated:		5.8g
Carbohydrates:		42.6g
--Sugars:		25.9g
Dietary Fibre:		0.9g
Sodium:		73mg
Potassium:		65mg
Phosphorus:		64mg

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.