



Lamington Pack

Lamingtons with a light cream filling, two per pack!

Coconuts are nutritious and rich in fibre, vitamins C, E, B1, B3, B5 and B6 and minerals such as iron, selenium, calcium, magnesium and phosphorous.

Ingredients

Sugar, Water, Wheat Flour, Chocolate Dip [Sugar, Cocoa Powder, Gelatine, Thickener (1422), Vegetable Oil (Antioxidant (307), Flavour], Animal Fat and Vegetable Oils, Egg, Coconut, Starch (Rice, Wheat), Raising Agents 500, 541), Whey Powder, Vegetable Gum (415), Soy Flour, Salt, Emulsifiers (322 (Soy), 471 (Soy), 472b, 475, 477), Flavour, Antioxidant (306 (Soy), 310), Food Acid (330), Colour (160a, 102, 150a), Preservative (E223). CONTAINS: GLUTEN, MILK & MILK PRODUCTS, SOYBEANS & SOYBEAN PRODUCTS, TREE NUTS & TREE NUT PRODUCTS, EGGS & EGG PRODUCTS.

Nutritional Details

Regular Size 160g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		1520kJ (365Cal)
Protein:		3.2g
Fat, Total:		20.7g
--Saturated:		11.7g
Carbohydrates:		41.6g
--Sugars:		30.7g
Dietary Fibre:		2.2g
Sodium:		153mg
Phosphorus:		0mg

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.