



Lemon Delicious Pudding

A classic light textured pudding with delicious lemon flavour.



Ingredients

Water, sugar, egg white mix, lemon juice, butter, egg yolk, wheat flour, milk solids non fat (skim milk), maize starch (1422), baking powder (mineral salts (450,500,170), wheat starch). CONTAINS: WHEAT, EGG, MILK

Nutritional Details

Regular Size 100g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		928kJ (223Cal)
Protein:		4.9g
Fat, Total:		8.2g
--Saturated:		5.1g
Carbohydrates:		27.5g
--Sugars:		22.7g
Folate:		11ug
Sodium:		69mg

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.