



Lemon Meringue Tart

This classic pudding with delicious lemon flavour is now available for all to enjoy.



Ingredients

Ingredients: Sugar, Eggs, Butter, Gluten Free Flour [Maize Starch, Tapioca Flour, Rice Flour, Vegetable Gum (guar, methylcellulose)], Lemon Juice (6%), Almond Meal, Water, Xanthium Gum. CONTAINS, NUTS (ALMONDS), EGGS

Nutritional Details

	Regular Size 78g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		1470kJ (353Cal)
Protein:		4.2g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:		16.6g
--Saturated:		8.7g
Carbohydrates:		46.1g
--Sugars:		35.7g
Dietary Fibre:		0.9g
Folate:		11.8ug
Sodium:		145mg
Potassium:		76mg
Phosphorus:		54mg

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.