



Mango Mousse

This fruity mousse is rich in protein and calcium ensuring this tasty dessert is good for you.



Ingredients

INGREDIENTS: Milk, Milk solids, Sugar, Whipping Agent (Glucose Syrup Solids, Vegetable Fat, Emulsifiers (471, 472a), Milk Protein (Soy, Lecithin), Stabiliser (340)), Mango Syrup (12%) [Fruit (Mango, Reconstituted Mango Juice), Water, Rice Starch, Natural Colour (160c), Food Acid (330)], Dextrose, Vegetable Gums (407, 415), Emulsifier (472b) CONTAINS: MILK & MILK PRODUCTS, SOY.

Nutritional Details

	Regular Size 75g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		644kJ (154Cal)
Protein:		7.1g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:		3.3g
--Saturated:		2.6g
Carbohydrates:		23.5g
--Sugars:		20.9g
Dietary Fibre:		0.8g
Folate:		20ug
Sodium:		61mg
Potassium:		212mg

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.