



Orange & Almond Cake

A rich, dense and deliciously moist gluten free cake.

Oranges are low in calories and full of nutrients. The vitamins and minerals in this citrus fruit promote clear, healthy, skin and can help to lower our risk for many diseases as part of an overall healthy and varied diet.



Ingredients

Almond meal (40%), Organic Oranges (19%), Eggs, Organic Castor Sugar. CONTAINS EGGS, TREE NUTS (Almonds)

Nutritional Details

Regular Size 80g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		1259kJ (302Cal)
Protein:		9g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:		15.8g
--Saturated:		2.7g
Carbohydrates:		27.3g
--Sugars:		27.3g
Dietary Fibre:		7g
Sodium:		65mg

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.