



## Sticky Date With Custard

Creamy custard with moist sticky date pudding. The benefits of including dates in our diet include relief from constipation, intestinal disorders, heart problems, anaemia and many other conditions. They are rich in several vitamins, minerals, and fibre.



## Ingredients

Sponge [Water, Dates (23%), Flour (Wheat), Brown Sugar, Egg, Vegetable Spread (Veg Oil, Water, Milk Solids, Salt, Emulsifier (471 Soy), Preservative (202), Food Acid (270), Natural Flavour, Colour (160a), Vitamins (A&D), Glaze (Sugar, Water, Glucose (Preservative 220), Vegetable Gum (440), Acidity Regulator (330)), Baking Powder, Baking Soda], Custard [Reconstituted Skim Milk, Sugar, Cream, Thickener (1442), Glucose, Maltodextrin, Flavour, Vegetable Gums (407, 415), Natural Colours (160a, 100)]. CONTAINS: GLUTEN, MILK & MILK PRODUCTS, EGGS, SOY. MAY CONTAIN TRACES OF NUTS & OCCASIONAL DATE PIT FRAGMENTS.

## Nutritional Details

Regular Size 160g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		803kJ (193Cal)
Protein:		3.6g
Fat, Total:		5.1g
--Saturated:		1.8g
Carbohydrates:		33g
--Sugars:		23.9g
Dietary Fibre:		0.3g
Sodium:		190mg

### 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.