



## Vanilla Cake with Jam & Cream

Light and airy gluten free cake with a classic jam and cream filling. Strawberries are among the top 20 fruits in antioxidant capacity and are a good source of manganese and potassium.



### Ingredients

Sponge (63%) [Eggs, Sugar, Potato Flour, Gluten Free Self Raising Flour, Xanthum Gum], Fresh Cream (21%), Mixed Berry Jam, Strawberry Jam (15%), Icing Sugar. CONTAINS EGGS AND MILK PRODUCTS.

### Nutritional Details

Regular Size 95g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		1260kJ (302Cal)
Protein:		5g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:		12.1g
--Saturated:		7g
Carbohydrates:		42.6g
--Sugars:		29.3g
Dietary Fibre:		0.5g
Sodium:		61mg
Potassium:		65mg
Phosphorus:		64mg

#### 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.