



Apple & Apricot Crumble

Stewed apple and apricot pieces with a tempting crumble topping. The high amount of soluble fibre found in apricots is beneficial to heart health. Its high fibre content is useful in reducing the bad cholesterol content in the body and at the same time it also helps to increase the levels of good cholesterol.



Ingredients

Apple (49%) [Apple, Apple Juice, Ascorbic Acid, Citric Acid, Calcium Lactate, Preservatives (223,202)], Apricot (14%), Wheat Flour, Sugar, Butter, Sultanas, Maize Starch (1422). CONTAINS GLUTEN, MILK PRODUCTS, SULPHITES

Nutritional Details

	Regular Size 180g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		854kJ (205Cal)
Protein:		1.7g
Fat, Total:		7.3g
--Saturated:		4.8g
Carbohydrates:		31.4g
--Sugars:		20.7g
Dietary Fibre:		1.9g
Sodium:		4mg

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.