



Apple & Rhubarb Crumble

Stewed apple and rhubarb pieces with a delectable crumble topping. Rhubarb is an excellent source of calcium. The rhubarb root is popular in ancient Chinese medicine for soothing stomach ailments and relieving constipation.



Ingredients

Apple (52%) [Apple, Apple Juice, Ascorbic Acid, Citric Acid, Calcium Lactate (**Milk**), Preservatives (223,202)], Wheat Flour, Sugar, Butter (**Milk**), Rhubarb (9%), Sultanas, Maize Starch (1422).
CONTAINS GLUTEN, WHEAT, MILK, SULPHITES.

Nutritional Details

Regular Size 180g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		885kJ (212Cal)
Protein:		1.7g
Fat, Total:		8g
--Saturated:		5.1g
Carbohydrates:		32.2g
--Sugars:		20.5g
Dietary Fibre:		1.9g
Sodium:		4mg

Disclaimer:

Nutrition analysis is prepared using our FOODWORKS® software system. To ensure dietary requirements are met, all nutritional claims are supported and reviewed independently. Meals are portion controlled to assist with healthy weight management.