



Apple Custard Cake

You will surely enjoy our gluten free homestyle apple and custard cake.

Apples are rich in antioxidants, flavonoids and dietary fibre. They also contain vitamins A and C which support the immune system and vitamin K which is needed for blood clotting.



Ingredients

Custard (42%) (Cream (**Milk**), Custard Powder (**Milk**), Water), Apple Mix (42%) (Apples, Water, Cinnamon, Sultanas), Gluten Free Sponge (13%) (**Eggs**, Sugar, Potato Flour, Gluten Free Self Raising Flour, Xanthium Gum), Gluten Free Crumbs (Buckwheat, Potato Flour, Xanthium, Water, Yeast).

CONTAINS EGG, MILK.

Nutritional Details

Regular Size 190g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		681kJ (163Cal)
Protein:		1.6g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:		8g
--Saturated:		5g
Carbohydrates:		21.4g
--Sugars:		9.1g
Dietary Fibre:		1.3g
Sodium:		32mg

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.