



Apricot Fruit Pie with Custard

A shortbread crust encompasses a traditional apricot pie with a custard accompaniment. Apricots have high levels of the soluble fibre called pectin. Inside our digestive system, soluble fibre attaches to cholesterol particles and carries them out of the body, helping to reduce overall cholesterol levels and the risk of heart disease.



Ingredients

Pie [Fruit (Apricot (34%), Apple (23%), (Preservative (202, 223)), Flour (Wheat), Sugar, Butter, Vegetable Spread (Vegetable Oil, Water, Milk Solids, Salt Emulsifier (471 Soy), Preservative (202), Food Acid (270), Natural Flavour, Colour (160a), Vitamins (A &D), Modified Starch (1422), Water, Baking Powder (Wheat Starch), Egg, Milk, Vanilla Essence (Colour 150a), Cinnamon], 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.

Nutritional Details

	Regular Size 150g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		787kJ (189Cal)
Protein:		3.1g
Fat, Total:		6.2g
--Saturated:		3.1g
Carbohydrates:		28.9g
--Sugars:		16.2g
Dietary Fibre:		1.5g
Sodium:		93mg
Potassium:		88mg
Phosphorus:		30mg

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.