



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%) (Preservatives (202,223)], Flour (**Wheat**), Sugar, Butter (**Milk**), 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, **Egg**, **Milk**, Vanilla Essence (Colour 150c), Cinnamon. Custard: Water, **Milk Solids**, Sugar, Cream (**Milk**), Dextrose Monohydrate, Maltodextrin, Tapioca Starch, Flavour, Xanthan Gum (415), Carrageenan (407), Colour (160a).
CONTAINS: GLUTEN, WHEAT, MILK, 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. To ensure dietary requirements are met, all nutritional claims are supported and reviewed independently. Meals are portion controlled to assist with healthy weight management.