



## Baked Cheesecake

Deliciously smooth cheesecake on a light sponge base.

Not only does cheese provide us with calcium and protein it also contains vitamin B12. Our body does not produce this vitamin so we need to obtain it from animal-based foods or from supplements. Vitamin B12 is required for many functions including producing red blood cells. Vitamin B12 also helps prevent a type of anaemia called Megaloblastic Anaemia.



### Ingredients

Base [Sponge Mix (Flour (**Wheat**)), Sugar, **Milk** Solids, Raising Agents (500,541), Emulsifiers (471, 472b, 477, 475), Rice Starch, Maltodextrin, Vegetable Oil, Thickener (412, 415), Stabiliser (450), Colours (110, 102)), Water], Topping [Cream Cheese (**Milk**, Cream (**Milk**), Salt, Vegetable Gum (410, 412), Starter Culture), **Egg**, Sugar, Sour Cream (**Milk**), Thickened Cream ((**Milk**), Gelatine, Vegetable Gum (407a), Emulsifier (471 (**Soy**)), Custard Powder (**Milk**), Lemon Juice, Glaze (Sugar, Water, Glucose (220), Vegetable Gum (440), Acidity Regulator (330), Preservative (202), Mineral Salt (509)].

**CONTAINS WHEAT, GLUTEN, MILK, EGGS.**

### Nutritional Details

	Regular Size 90g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		1187kJ (285Cal)
Protein:		5.2g
Fat, Total:		17.4g
--Saturated:		11.4g
Carbohydrates:		25.2g
--Sugars:		22.5g
Sodium:		206mg

#### 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.