



Banana Raspberry Parfait

Tempting layers of banana and raspberry, topped with custard and a raspberry swirl. This dessert is packed full of antioxidants, thanks to the fresh banana and mixed berries in its ingredients.



Ingredients

Custard (Cream, Custard Powder, Water), Banana Berry Puree (31%) (Fresh Bananas, Mixed Berries, Water, Gelatine), Gluten Free Sponge (Eggs, Sugar, Potato Flour, Gluten Free Self Raising Flour, Xanthan Gum). CONTAINS EGGS, MILK.

Nutritional Details

Regular Size 160g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		518kJ (124Cal)
Protein:		4.7g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:		5.3g
--Saturated:		3.2g
Carbohydrates:		14.1g
--Sugars:		6.2g
Dietary Fibre:		1g
Sodium:		52mg

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.