Carrot Cake

Fresh grated carrots, pineapples, sultanas, decorated with a delicious cream cheese and walnut icing.
Walnuts contain good fats, such as monounsaturated and polyunsaturated fats (PUFAs), but they are also a good source of the essential fatty acid omega-3. Other nutrients such as vitamin E and folate are also in walnuts and contribute to neuroprotection and memory function.

Ingredients

Canola Oil (contains Antioxidant 320)), Sugar, Carrot (14%), **Wheat** Flour, **Eggs**, Neufchatel Cheese (9%), [**Milk**, Salt, Cream (**Milk**), Starter Culture, Vegetable Gum (410)], Pineapple, Sultanas (contains Cottonseed Oil), Shortening (contains Emulsifiers 322 **Soy**), Icing Sugar (Sugar, Maize Starch), Glucose Syrup (from **Wheat**), **Walnuts**, Maize Starch (1442), Iodised Salt, Cinnamon, Nutmeg, Baking Powder (contains **Wheat** Starch), Mineral Salt (500), Lemon Flavour (contains **Milk**).
CONTAINS WHEAT, GLUTEN, EGG, MILK, SOY, TREE NUTS (WALNUTS). MAY CONTAIN SULPHITES.

Nutritional Details

Nutritional Details	Regular Size 140g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:		1585kJ (380Cal)
Protein:		3.7g
Fat, Total:		24.9g
--Saturated:		5g
Carbohydrates:		34.9g
--Sugars:		23.9g
Dietary Fibre:		1.9g
Sodium:		354mg

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.