



Chocolate Fudge Cake with Custard

Smooth, creamy custard compliments this moist chocolate fudge cake.

Cocoa contains high concentrations of antioxidants known as polyphenols. Flavonoids, the most common subclass of polyphenols, are found in higher concentrations in chocolate than in other flavonoid rich substances.

Ingredients

Mudcake Mix [Sugar, Wheat Flour, Vegetable Fat (Vegetable Oil, Emulsifiers (471, 477), Antioxidant (307, 320)), Cocoa Powder, Maltodextrin, Potato Flour, Salt, Milk Solids, Raising Agents (341, 450, 500), Natural Flavour, Vegetable Gum], Water, Chocolate (Sugar, Vegetable Fat (Emulsifier 492), Cocoa Powder, Emulsifier (322, Soy), Salt, Natural Vanilla Flavour), Thickened Cream (Cream, Gelatine), Egg, Canola Oil, Custard [Reconstituted Skim Milk, Sugar, Cream, Thickener (1442), Glucose, Maltodextrin, Flavour, Vegetable Gums (407, 415), Natural Colours (160a, 100)] CONTAINS: GLUTEN, MILK, EGGS, SOY.

Nutritional Details

Regular Size 160g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		1116kJ (268Cal)
Protein:		4g
Fat, Total:		11.6g
--Saturated:		3.3g
Carbohydrates:		35.8g
--Sugars:		25.6g
Dietary Fibre:		1.3g
Sodium:		179mg

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.