



## Chocolate Panna Cotta

Decadently rich and smooth gluten free chocolate panna cotta with a caramel centre, resting on a light chocolate sponge. Panna Cotta is an Italian term which translates to "cooked cream" - "Panna" translates to "cream" and "cotta" translates to "cooked".



### Ingredients

Fresh Cream, Dark Chocolate (16%), Eggs, Sugar, Gluten Free Gelatine, Cocoa Powder (4%), Gluten Free Self-Raising Flour. CONTAINS EGGS & MILK.

### Nutritional Details

	Regular Size 95g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		1450kJ (348Cal)
Protein:		10.6g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:		22.4g
--Saturated:		13.3g
Carbohydrates:		25.2g
--Sugars:		21.6g
Dietary Fibre:		1.1g
Sodium:		65mg
Potassium:		278mg

#### 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.