

## Jam & Cream Sponge

A delicate gluten free sponge with traditional jam and fresh cream. A delicious treat that can be enjoyed with a cup of tea or coffee



### Ingredients

Sponge (63%) (eggs, castor sugar, potato flour, gluten free self raising flour, xanthium gum), fresh cream (21%), mixed berry & strawberry jam (16%). CONTAINS EGG, MILK.

### Nutritional Details

	Regular Size 95g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		1260kJ (302Cal)
Protein:		5g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:		12.1g
--Saturated:		7.1g
Carbohydrates:		42.6g
--Sugars:		29.3g
Dietary Fibre:		0.9g
Sodium:		61mg
Potassium:		65mg

#### 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.