



Lamington Pack

Lamingtons with a light cream filling, two per pack!

Coconuts are nutritious and rich in fibre, vitamins C, E, B1, B3, B5 and B6 and minerals such as iron, selenium, calcium, magnesium and phosphorous.



Ingredients

Sugar, Water, **Wheat** Flour, Chocolate Dip [Sugar, Cocoa Powder, Gelatine, Thickener (1422), Vegetable Oil (Antioxidant 307), Flavour], Animal Fat and Vegetable Oils, **Egg**, Coconut, Starch (Rice, **Wheat**), Raising Agents (500, 541), Whey (**Milk**) Powder, Vegetable Gum (415), **Soy** Flour, Salt, Emulsifiers (322 **Soy**, 471 **Soy**, 472b, 475, 477), Flavour, Antioxidant (306 **Soy**, 310), Colour (160a, 102, 150a), Preservative (223).

CONTAINS WHEAT, GLUTEN, MILK, SOY, EGGS, TREE NUTS, SULPHITES.

Nutritional Details

Regular Size 160g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		1520kJ (365Cal)
Protein:		3.2g
Fat, Total:		20.7g
--Saturated:		11.7g
Carbohydrates:		41.6g
--Sugars:		30.7g
Dietary Fibre:		2.2g
Sodium:		153mg
Phosphorus:		0mg

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.