



Lemon Curd

Our delicious, velvety lemon curd sits on top of a thin layer of gluten free sponge. Lemons can help fight problems related to throat infections due to its well-known antibacterial properties



Ingredients

Lemon Curd (77%) (Sugar, Eggs, Butter (Milk), Lemon Juice), Gluten Free Sponge (Eggs, Sugar, Potato Flour, Gluten Free Self Raising Flour, Xanthan Gum), Gluten Free Crumbs (Buckwheat, Potato Flour, Xanthan Gum, Water, Yeast). CONTAINS EGGS, MILK.

Nutritional Details

	Regular Size 130g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		1240kJ (297Cal)
Protein:		4.5g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:		14.2g
--Saturated:		9g
Carbohydrates:		37.4g
--Sugars:		31.1g
Dietary Fibre:		1g
Sodium:		76mg

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.