



Lemon Meringue Tart

Fluffy meringue on top of delicious lemon curd in a gluten free pastry case.

Lemons can help fight problems related to throat infections due to its well-known antibacterial properties.



Ingredients

Sugar, Eggs, Butter, Gluten Free Flour [Maize Starch, Tapioca Flour, Rice Flour, Vegetable Gum (guar, methylcellulose)], Lemon Juice (6%), Almond Meal, Water, Xanthium Gum. CONTAINS TREE NUTS (ALMONDS), EGGS, MILK PRODUCTS.

Nutritional Details

| | Regular Size 60g Per Serve | |
|---------------------|------------------------------|---------------------------|
| Nutritional Details | Average Quantity per Serving | Average Quantity per 100g |
| Energy: | | 1470kJ (353Cal) |
| Protein: | | 4.2g |
| --Gluten: | Nil Detected | Nil Detected |
| Fat, Total: | | 16.6g |
| --Saturated: | | 8.7g |
| Carbohydrates: | | 46.1g |
| --Sugars: | | 35.7g |
| Dietary Fibre: | | 0.9g |
| Sodium: | | 145mg |
| Potassium: | | 76mg |
| Phosphorus: | | 54mg |

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.