



Pavlova with Cream & Peach

Gluten free pavlova topped with peach and a generous serve of fresh cream. Peaches contain no saturated fats and are packed with numerous minerals and vitamins such as the anti-oxidant beta-carotene which plays a role in promoting healthy aging and the reduction of various disease processes.



Ingredients

Fresh Cream (**Milk**) (44%), Peaches (31%), GF Meringue (25%) (Caster Sugar, **Egg Whites**, Cornflour, Vinegar).

CONTAINS EGG, MILK.

Nutritional Details

Regular Size 80g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		928kJ (223Cal)
Protein:		2.3g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:		15.7g
--Saturated:		10.1g
Carbohydrates:		17.7g
--Sugars:		16.6g
Dietary Fibre:		0.6g
Sodium:		31mg
Potassium:		81mg
Phosphorus:		33mg

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.