



## Sticky Date With Custard

Creamy custard with moist sticky date pudding. The benefits of including dates in our diet include relief from constipation, intestinal disorders, heart problems, anaemia and many other conditions. They are rich in several vitamins, minerals, and fibre.



### Ingredients

Sponge: Water, Dates (23%), Flour (**Wheat**), Brown Sugar, **Egg**, Vegetable Spread (Vegetable Oil, Water, **Milk** Solids, Salt, Emulsifier (471, **Soy**), Preservative (202), Food Acid (270), Natural Flavour, Colour (160a), Vitamins (A &D)), Glaze (Sugar, Water, Glucose (220), Vegetable Gum (440), Acidity Regulator (330), Preservative (202), Mineral Salt 509)), Baking Powder, Baking Soda. Custard: Water, **Milk** Solids, Sugar, Cream (**Milk**), Dextrose Monohydrate, Maltodextrin, Tapioca Starch, Flavour, Xanthan Gum (415), Carrageenan (407), Colour (160a). **CONTAINS: WHEAT, GLUTEN, MILK, EGG, SOY. MAY CONTAIN OCCASIONAL DATE PIT FRAGMENTS.**

### Nutritional Details

Regular Size 160g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		803kJ (193Cal)
Protein:		3.6g
Fat, Total:		5.1g
--Saturated:		1.8g
Carbohydrates:		33g
--Sugars:		23.9g
Dietary Fibre:		0.3g
Sodium:		190mg

#### 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.