



## Trifle

Layered gluten free sponge, custard, jelly, fresh cream and Aussie peaches.

The name trifle was used for a dessert created in the 16th century. According to some scholars, trifle cakes might be the origin of modern sandwich cakes.



## Ingredients

Sponge (**Eggs**, Caster Sugar, Potato Flour, Gluten Free Self Raising Flour, Xanthium Gum), Custard (Water, Custard Powder (**Milk**), Cream (**Milk**)), Jelly (Sugar, Gelatine, Acidity Regulators, Natural Flavour And Colour), Fresh Cream (**Milk**), Peaches.

**CONTAINS EGG, MILK.**

## Nutritional Details

Regular Size 160g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		1010kJ (242Cal)
Protein:		3.2g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:		11.2g
--Saturated:		6.9g
Carbohydrates:		14.6g
--Sugars:		23.8g
Dietary Fibre:		0.5g
Sodium:		118mg
Potassium:		54mg
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.