

First Choice Double Cream Tiramisu Dairy Snack

TYPICAL NUTRITIONAL INFORMATION (as packed)

	Per 100 g	Per 150 g (single serving)
Energy (kJ)	490	735
Protein (g)	1.5	2.3
Glycaemic Carbohydrate (g)	16	24
of which total sugar (g)	13.5	20.25
Total Fat (g)	5.3	7.95
of which Saturated Fat (g)	3.5	5.3
Trans Fat (g)	0.2	0.3
Monounsaturated Fat (g)	1.5	2.3
Polyunsaturated Fat (g)	0.2	0.3
Cholesterol (mg)	15	23
Dietary Fibre* (g)	<0.5	<0.5
Total Sodium (mg)	22	33
Calcium (mg)	45.9	68.9

* AOAC991.43 method of analysis

INGREDIENTS: Cow's Milk, Water, Cream, Sugar, Stabiliser (Contains Gelatine), Flavourings, Acidity Regulator, Colourant, Yoghurt Cultures, Preservative (Potassium Sorbate). Contains: Cow's Milk.