

Chocolate No Melt Ice-Cream

Nutrition Information

Serving size: **120g**

Serving per package: **1**

| | Per Serving | Per 100g |
|---------------------|--------------------|-----------------|
| Energy | 288kcal | 240kcal |
| Protein | 8.1g | 6.8g |
| Total Fat | 22.1g | 18.4g |
| Saturated Fat | 8.8g | 7.3g |
| Trans Fat | 0.8g | 0.7g |
| Cholesterol | 47mg | 39mg |
| Carbohydrate | 31.2g | 26.0g |
| Total Sugar | 19.7g | 16.4g |
| Dietary Fibre | 1.0g | 0.8g |
| Sodium | 100mg | 83g |

Vanilla No Melt Ice-Cream

Nutrition Information

Serving size: **120g**

Serving per package: **1**

| | Per Serving | Per 100g |
|---------------------|--------------------|-----------------|
| Energy | 290kcal | 242kcal |
| Protein | 2.5g | 2.1g |
| Total Fat | 15.7g | 13.1g |
| Saturated Fat | 9.5g | 7.9g |
| Trans Fat | 0.8g | 0.7g |
| Cholesterol | 51mg | 42mg |
| Carbohydrate | 34.1g | 28.4g |
| Total Sugar | 29.9g | 24.9g |
| Dietary Fibre | 1.0g | 0.8g |
| Sodium | 67mg | 56mg |

Salted Caramel Creamies

Nutrition Information

Serving size: **120g**

Serving per package: **1**

| | Per Serving | Per 100g |
|---------------------|--------------------|-----------------|
| Energy | 288kcal | 244kcal |
| Protein | 8.1g | 6.8g |
| Total Fat | 14.4g | 12.0g |
| Saturated Fat | 8.7g | 7.3g |
| Trans Fat | 0.8g | 0.7g |
| Cholesterol | 49mg | 41mg |
| Carbohydrate | 30.9g | 25.8g |
| Total Sugar | 19.7g | 16.4g |
| Dietary Fibre | 0.5g | 0.4g |
| Sodium | 151mg | 126mg |

Strawberry No Melt Ice-Cream

Nutrition Information

Serving size: **120g**

Serving per package: **1**

| | Per Serving | Per 100g |
|---------------------|--------------------|-----------------|
| Energy | 290kcal | 242kcal |
| Protein | 2.4g | 2.0g |
| Total Fat | 15.6g | 13.0g |
| Saturated Fat | 9.5g | 7.9g |
| Trans Fat | 0.8g | 0.7g |
| Cholesterol | 50mg | 42mg |
| Carbohydrate | 34.5g | 28.8g |
| Total Sugar | 29.5g | 24.6g |
| Dietary Fibre | 1.1g | 0.9g |
| Sodium | 66mg | 55mg |

L4 Shepherd's Pie

Nutrition Information

Serving size: **230g**

Serving per package: **1**

| | Per Serving | Per 100g |
|---------------------|--------------------|-----------------|
| Energy | 250kcal | 109kcal |
| Protein | 15.3g | 6.6g |
| Total Fat | 10.0g | 4.4g |
| Saturated Fat | 2.8g | 1.2g |
| Trans Fat | 0.0g | 0.0g |
| Cholesterol | 50mg | 22mg |
| Carbohydrate | 23.5g | 10.2g |
| Total Sugar | <1g | <1g |
| Dietary Fibre | 0.9g | 0.4g |
| Sodium | 335mg | 145mg |

L5 & L6 Shepherd's Pie

Nutrition Information

Serving size: **200g**

Serving per package: **1**

| | Per Serving | Per 100g |
|---------------------|--------------------|-----------------|
| Energy | 164kcal | 82kcal |
| Protein | 14.2g | 7.1g |
| Total Fat | 4.0g | 2.0g |
| Saturated Fat | 1.2g | <1g |
| Trans Fat | 0.0g | 0.0g |
| Cholesterol | 53mg | 26mg |
| Carbohydrate | 16.0g | 8.0g |
| Total Sugar | 1.9g | <1g |
| Dietary Fibre | 1.7g | 0.9g |
| Sodium | 277mg | 139mg |