Cream Sauce

Nutrition Information

Serving size: **30g**

Serving per package: **1**

	Per Serving	Per 100g
Energy	59 kcal	196 kcal
Protein	1.5 g	5.1 g
Total Fat	5.2 g	17.3 g
Saturated Fat	1.9 g	6.2 g
Trans Fat	0.0 g	0.0 g
Cholesterol	4 mg	12 mg
Carbohydrate	1.7 g	5.7 g
Total Sugar	1.1 g	3.6 g
Dietary Fibre	0.0 g	0.1 g
Sodium	109 mg	364 mg

Pink Guava Purée

Nutrition Information

Serving size: **100g**

Serving per package: **1**

	Per Serving	Per 100g
Energy	47kcal	47kcal
Protein	0.0g	0.0g
Total Fat	0.0g	0.0g
Saturated Fat	0.0g	0.0g
Trans Fat	0.0g	0.0g
Cholesterol	0.0mg	0.0mg
Carbohydrate	11.0g	11.0g
Total Sugar	10.3g	10.3g
Dietary Fibre	0.0g	0.0g
Sodium	8mg	8mg

Tiramisu (New Recipe)

Nutrition Information

Serving size: **90g**

Serving per package: **1**

	Per Serving	Per 100g
Energy	243kcal	270kcal
Protein	2.1g	2.3g
Total Fat	25.5g	28.3g
Saturated Fat	15.0g	16.7g
Trans Fat	0.0g	0.0g
Cholesterol	45.7mg	50.7mg
Carbohydrate	11.2g	12.4g
Total Sugar	9.5g	10.6g
Dietary Fibre	0.0g	0.0g
Sodium	26mg	29mg

L4 Jam Bread

Nutrition Information

Serving size: **150g**

Serving per package: **1**

	Per Serving	Per 100g
Energy	318 kcal	212 kcal
Protein	4.0 g	2.7 g
Total Fat	16.5 g	11.0 g
Saturated Fat	8.7 g	5.8 g
Trans Fat	0.0 g	0.0 g
Cholesterol	12.6 mg	8.4 mg
Carbohydrate	26.4 g	17.6 g
Total Sugar	14.3 g	9.6 g
Dietary Fibre	0.2 g	0.1 g
Sodium	92 mg	62 mg
Potassium	146 mg	98 mg
Phosphorus	88.2 mg	58.8

Pumpkin Soup

Nutrition Information

Serving size: **130g**

Serving per package: **1**

	Per Serving	Per 100g
Energy	144kcal	111kcal
Protein	13.6g	10.4g
Total Fat	2.9g	2.2g
Saturated Fat	0.6g	0.5g
Trans Fat	0.0g	0.0g
Cholesterol	13mg	10mg
Carbohydrate	13.9g	10.7g
Total Sugar	5.8g	4.5g
Dietary Fibre	2.1g	1.6g
Sodium	56mg	43mg

Pink Guava Purée

Nutrition Information

Serving size: **100g**

Serving per package: **1**

	Per Serving	Per 100g
Energy	42kcal	42kcal
Protein	0.0g	0.0g
Total Fat	0.0g	0.0g
Saturated Fat	0.0g	0.0g
Trans Fat	0.0g	0.0g
Cholesterol	0mg	0mg
Carbohydrate	11.0g	11.0g
Total Sugar	10.3g	10.3g
Dietary Fibre	2.0g	2.0g
Sodium	8mg	8mg

2026 L4 Shepherd's Pie

Nutrition Information

Serving size: **200g**

Serving per package: **1**

	Per Serving	Per 100g
Energy	266kcal	133kcal
Protein	14.0g	7.0g
Total Fat	5.0g	2.5g
Saturated Fat	1.6g	0.8g
Trans Fat	0.0g	0.0g
Cholesterol	56mg	28mg
Carbohydrate	23.5g	11.7g
Total Sugar	0.8g	0.4g
Dietary Fibre	1.4g	0.7g
Sodium	553mg	276mg

2026 L5 Shepherd's Pie

Nutrition Information

Serving size: **200g**

Serving per package: **1**

	Per Serving	Per 100g
Energy	181kcal	90kcal
Protein	13.9g	6.9g
Total Fat	3.8g	1.9g
Saturated Fat	1.2g	0.6g
Trans Fat	0.0g	0.0g
Cholesterol	50mg	25mg
Carbohydrate	20.6g	10.3g
Total Sugar	1.8g	0.9g
Dietary Fibre	2.1g	1.0g
Sodium	407mg	204mg