



Healthcare Favourites

Nutrition - per serve

IDDSI Rating

NEW DAIRY DESSERTS	Weight	Energy	Protein	Fat Total	Fat Sat.	Carb.	Sugars	Sodium	Calcium	VIC	NSW	SA	WA	QLD	Allergens	Other*	Regular	Soft & Bite Sized	Minced Moist	Smooth Pureed
										Band	Band	Group	Band	Group			IDDSI Level 7	IDDSI Level 6	IDDSI Level 5**	IDDSI Level 4
Mango Royale Cream	110g	850.9kJ	5.1g	10.1g	6.6g	23.2g	20.8g	79.2mg	202.9mg	1	2	1	2	1	Milk	V, GF	Y	Y	Y	Y
Butterscotch Flav Cream	110g	855.7kJ	5.1g	10.1g	6.6g	23.2g	21.1g	79.2mg	202.9mg	1	2	1	2	1	Milk	V, GF	Y	Y	Y	Y
Red Velvet Flav Cream	110g	856.0kJ	5.3g	10.1g	6.7g	23.1g	20.8g	79.2mg	203.8mg	1	2	1	2	1	Milk	V, GF	Y	Y	Y	Y
Lemon Meringue Flav Cream	110g	861.1kJ	5.1g	10.1g	5.9g	23.6g	20.8g	79.3mg	202.9mg	1	2	1	2	1	Milk	V, GF	Y	Y	Y	Y
Strawberries and Cream	110g	850.8kJ	5.1g	10.1g	6.6g	23.2g	20.8g	79.2mg	202.9mg	1	2	1	2	1	Milk	V, GF	Y	Y	Y	Y
Summer Berry Flav Cream	110g	848.9kJ	5.1g	10.1g	6.6g	23.1g	20.8	79.3mg	202.9mg	1	2	1	2	1	Milk	V, GF	Y	Y	Y	Y
DENSE DAIRY DESSERTS																				
Lemon Cheesecake (Gluten Free)	100g	1313.5kJ	5.0g	23.7g	16.1g	20.8g	17.6g	138.4mg	207.2mg	1	2	1	2	1	Milk, Egg	GF	Y	Y		
Lemon Cheesecake (no base)	100g	1251.1kJ	5.4g	22.2g	15.1g	18.0g	17.5g	128.9mg	230.2mg	1	2	1	2	1	Milk	GF	Y	Y	Y	Y
Crème Cappuccino	80g	1072.6kJ	5.0g	21.3g	14.2g	11.8g	11.7g	75.8mg	204.4mg	1	2	1	2	1	Milk	GF	Y	Y	Y	Y
Choc Mousse	85g	1129.0kJ	5.0g	20.7g	13.7g	15.8g	15.4g	61.0mg	207.0mg	1	2	1	2	1	Milk & Soy. May contain traces of tree nuts	GF	Y	Y	Y	Y
LIGHT DAIRY DESSERTS																				
Vanilla Custard	110g	499.0kJ	5.0g	3.0g	2.0g	17.7g	14.8g	70.9mg	233.9mg	2	1	2	1	2	Milk	V, GF	Y	Y	Y	Y
Crème Caramel	110g	590.0kJ	5.0g	5.3g	3.6g	18.2g	17.7g	63mg	204.0mg	2	1	1	1	2	Milk	GF	Y	Y	Y	
Panna Cotta Choc Wattleseed	110g	615.3kJ	5.0g	7.0g	4.5g	15.9g	15.7g	56.4mg	204.4mg	2	1	1	1	2	Milk	GF	Y	Y	Y	Y
Panna Cotta Mango	110g	590.0kJ	5.0g	5.9g	3.8g	16.6g	16.0g	56.1mg	200.0mg	2	1	1	1	2	Milk	GF	Y	Y	Y	
Panna Cotta Davidson Plum	110g	615.3kJ	5.0g	7.0g	4.5g	15.9g	15.7g	56.4mg	204.4mg	2	1	1	1	2	Milk	GF	Y	Y	Y	Y
Panna Cotta Vanilla Bean	110g	817kJ	5.0g	10.7g	7.0g	19.2g	18.0g	66.8mg	205.2mg	1	2	1	1	2	Milk	GF	Y	Y	Y	Y
Vanilla Creamed Rice	110g	609.9kJ	5.0g	2.7g	1.8g	24.9g	15.8g	60.8mg	215.9mg	2	1	1	1	2	Milk	V, GF	Y	Y	Y*	
PLANT BASED DESSERTS																				
Vanilla Coconut Custard Vegan	110g	889.8kJ	5.0g	13.2g	12.0g	18.7g	15.8g	194.8mg	NA	1				2		V, VG, GF	Y	Y	Y	Y
Chocolate Coconut Custard Vegan	110g	908kJ	5.0g	12.0g	10.8	20.7g	18.9g	171.8mg	NA	1	2	1	2	1		V, VG, GF	Y	Y	Y	Y
Tropical Punch Custard Vegan	110g	904.1kJ	5.0g	13.1g	12.0g	18.8g	17.0g	195mg	NA	1	2	1	2	1		V, VG, GF	Y	Y	Y	Y
JELLY DESSERTS																				
Sugar Jelly Lime	110g	413.0kJ	1.8g	0.0g	0.0g	22.3g	22.0g	89.0mg					3	3			Y	Y*	Y*	
Sugar Jelly Orange	110g	413.0kJ	1.8g	0.0g	0.0g	22.3g	22.0g	89.0mg					3	3			Y	Y*	Y*	
Sugar Pineapple	110g	413.0kJ	1.8g	0.0g	0.0g	22.3g	22.0g	89.0mg					3	3			Y	Y*	Y*	
Sugar Jelly Raspberry	110g	413.0kJ	1.8g	0.0g	0.0g	22.3g	22.0g	89.0mg					3	3			Y	Y*	Y*	
Sugar Mango Vegan Jelly	110g	394.0kJ	0.0g	0.0g	0.0g	23.0g	22.1g	71.0mg					3	3		V, VG, GF	Y	Y*	Y*	Y*
Diet Jelly Orange	110g	33.0kJ	1.9g	0.0g	0.0g	0.0g	0.0g	<6.0mg							Phenylalanine		Y	Y*	Y*	
Diet Jelly Lime	110g	33.0kJ	1.9g	0.0g	0.0g	0.0g	0.0g	<6.0mg							Phenylalanine		Y	Y*	Y*	

* Other - V - Vegetarian, VG - Vegan, GF - Gluten Free

** Verify with own Dietetics/Speech teams for validation . May need to be broken down into single pieces

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A great dessert can make someone's day, simplify your menu and make service easier. Let Rizo Desserts help you.

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