



**WE PREPARE,  
WE DELIVER,  
YOU ENJOY!**

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Your weekly box of fresh and seasonal meals, carefully prepared from selected recipes. Choose your menu today, have it delivered and eat better

## Lemon Cheesecake



### Description

A light and tangy cheesecake dessert with a ginger crumb. Each 125g portion contains 30g of protein from Irish Dairy sources and is completely clean label with no additives or preservatives. Enjoy a treat without the guilt!

### Instructions

Keep refrigerated.

Tear off the lid and enjoy!

Due to the fact it is 100% natural with no preservatives the shelf life is 14 days. The Product freezes very well and can be defrosted in a fridge or eat it as an icecream.

### Our ingredient promise:

Life Kitchen only use the best quality ingredients from our approved suppliers.

All our suppliers and Producers are Irish and have The highest quality standards.

### Nutritional & Health Claims

High in protein which is essential to maintain muscle function

High in natural antioxidants to boost immunity

Contains 5g of Branched Chain Amino Acids (BCAA) To aid recovery after exercise.

Gluten Free with no added refined Sugar.



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## Full Nutritional Analysis

Food Labelling...

Database values, converted to labelling standards

### Label values per 100g

	PER 100G		PER 126G SERVING	
Energy Kcal	205 kcal	10%	258 kcal	13%
Energy kJ	859 kJ	10%	1082 kJ	13%
Fat	7.8 g	11%	9.8 g	14%
of which saturates	3.5 g	18%	4.4 g	22%
Carbohydrate	11.6 g	4%	14.6 g	6%
of which sugars	10.1 g	11%	12.7 g	14%
Fibre	1.2 g	5%	1.5 g	6%
Protein	21 g	43%	27 g	54%
Salt	0.3 g	4%	0.3 g	6%

CONTAINS:



EGGS



MLK



18% Carbs  
45% Protein  
37% Fat

Nutrient Breakdown per 100g ...

Energy	Lipid Components	Vitamins
Energy (Kcal) 10% RI	190 Saturated fat 18% RI	3.5g Vitamin A (ret eq) 0% RI
Energy (KJ) 6% RI	544 Monounsaturated fat 7% RI	2.1g Retinol
<b>Macronutrients</b>	<i>cis-Mono</i>	Carotene 2.6µg
Carbohydrate 4% RI	Polyunsaturated fat 1% RI	Vitamin D 0% RI
Protein 43% RI	Omega 3 (n-3) 0% RI	Vitamin E 1% RI
Fat 11% RI	Omega 6 (n-6) 0% RI	Vitamin K <sub>1</sub> 1% RI
Water	<i>cis-Poly</i>	Thiamin (B <sub>1</sub> ) 2% RI
Water from Drinks	Trans-fatty acids	Riboflavin (B <sub>2</sub> ) 16% RI
Alcohol	Cholesterol	Niacin total (B <sub>3</sub> ) 8% RI
<b>Carbohydrate</b>	<b>Minerals &amp; trace elements</b>	Niacin
Starch	Sodium 4% RI	106mg Tryptophan (niacineq)
Oligosaccharide	Potassium 13% RI	267mg Panthothenic Acid (B <sub>5</sub> ) 4% RI
Fibre 5% RI	Chloride 13% RI	106mg Vitamin B <sub>6</sub> 3% RI
NSP	Calcium 51% RI	408mg Folic Acid (B <sub>9</sub> ) 3% RI
Sugars 12% RI	Phosphorus 45% RI	316mg Vitamin B <sub>12</sub> 5% RI
	Magnesium 12% RI	47mg