

Semolina

Allergens – **Gluten**, **Milk**,

Ingredients

Quantity	Ingredient
4Ltr	Semi-Skimmed Milk
400g	Semolina (contains Wheat)
200g	Sugar



Method

1. Heat the milk in a double boiler then add the semolina.
2. Cook, stirring frequently.
3. Add the sugar and stir well.

Nutritional Content per 180g portion

Energy (kcal)	Fat (g)	Saturated Fats (g)	NME Sugar (g)	Total Sugar (g)	Salt (mg)	Carbs (g)
= 201.4	= 3.8	= 2.1	= 10.5	= 19.9	= 0.2	= 35.4

Portion size - Primary – 180g

Reviewed September 2018