



## 206739C Broccoli & Roasted Red Pepper Quiche (Chef



**Pack Size:** 1 X 12PP

**Details:** A frozen, fully baked broccoli and red pepper quiche made with a mixture of egg, broccoli, roasted red peppers and cheese baked in a shortcrust pastry case.  
-Pre-portioned into 12 portions.

### Allergen Information

**Contains:**

Cereal, Eggs, Milk, Gluten

**Free from:**

Nuts, Crustaceans, Fish, Lupin, Molluscs, Sesame, Peanuts

**May contain:**

Celery, Mustard, Sulphur Dioxide, Soya

**Suitable for:**

Vegetarians

### Handling Information

**Directions For Use:**

Product can be eaten hot or cold.

Defrosting Instructions: Defrost for 24hrs in a refrigerator at <5°C.

Once defrosted, keep refrigerated and consume within 7 days.

Heating Instructions: From frozen:Pre heat oven to 200°C.

**Storage Instructions:**

Keep Frozen at -18°C or below

### Product Ingredients

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**MILK**, Wheat Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Pasteurised Whole **EGG**, Palm Oil, Water, Cheddar Cheese (**MILK**) (4%), Modified Maize Starch, Rapeseed Oil, Broccoli (2%), Red Pepper (1%), Onions, Stabilisers (Carboxymethylcellulose, Carrageenan, Potassium Chloride, Calcium

### Nutritional Information

**Typical Values per 100g/ml:**

Based on a reference intake of an average adult (8400kJ/2000kCal) diet

**Energy:**

212 kcal / 884 kJ

**Fat:**

11.8 g

**of which saturates:**

5.4 g

**Carbohydrates:**

19 g

**of which sugars:**

3.6 g

**Fibre:**

1.1 g

**Protein:**

6.8 g

**Salt:**

0.8 g



All product information is correct at time of upload. Information may change so please check the packaging before use.

If allergen information is not presented here, please obtain it from the product packaging or speak with our QA Department.