



206741C Mediterranean Vegetable Quiche (Chefs Sele



Pack Size: 1 X 12PP

Details: A frozen, fully baked Mediterranean vegetable quiche made with a mixture of egg, diced mixed peppers, onions and cheese baked in a shortcrust pastry case.

Allergen Information

Contains:

Cereal, Eggs, Milk, Gluten

Free from:

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

May contain:

Celery, Mustard, Soya

Suitable for:

Vegetarians

Handling Information

Directions For Use:

Reheating Directions: From Frozen Place products in pre heated oven on baking tray and Bake for approx 35-40mins at 200°C.

Storage Instructions:

Store at -18°C

Product Ingredients

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MILK, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Margarine (Vegetable oil Palm, Rapeseed), Water, Salt (Salt, Anti-caking Agent E535), **EGG** Liquid (Hen **EGG**). Mature Cheddar (**MILK**, Salt, Starter Culture, Rennet), Kibbled Onion, Mixed Peppers, Quiche Stabiliser (Modified Starch (Maize), Carboxy

Nutritional Information

Typical Values per 100g/ml:

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

Energy:

182 kcal / 764 kJ

Fat:

11.5 g

of which saturates:

4.9 g

Carbohydrates:

14.3 g

of which sugars:

1.7 g

Fibre:

0.9 g

Protein:

5.8 g

Salt:

0.52 g



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.