

## 206742C Balsamic Onion & Cheddar Cheese Quiche (Ch



**Pack Size:** 1 X 12PP

**Details:** A frozen, fully baked cheese and onion quiche made with a mixture of egg, balsamic red onion and Cheddar 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 185°C.

**Storage Instructions:**

Store at -18°C

### Product Ingredients

**Product Ingredients:**

WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Margarine (Vegetable oil Palm, Rapeseed, Water, Salt (Salt, Anti-caking Agent E535)), Mature Cheddar (MILK, Salt, Starter Culture, Rennet), Kibbled Onion, Brown Sugar (100% Sugar), Balsamic Vinegar (Wine vinegar (contains **SULPHITES**), concentrated grape must,

### Nutritional Information

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

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

**Energy:**

196 kcal / 822 kJ

**Fat:**

11.7 g

**of which saturates:**

5.1 g

**Carbohydrates:**

16.5 g

**of which sugars:**

3.5 g

**Fibre:**

0.6 g

**Protein:**

8.4 g

**Salt:**

0.73 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.