

Mediterranean Vegetable Quiche 10"

UNIT: 1 x 1.3kg



Features

- Manufactured in the UK
- Whole
- Fully Baked
- Thaw & Serve

Description

Explore the diverse flavours of the Mediterranean with our authentic Mediterranean quiche. Suitable for vegetarians, this hand-finished quiche features an irresistible blend of pasteurised eggs, grated mature Cheddar cheese, onions, mixed peppers, aubergine and courgette in a shortcrust pastry case.

Expertly hand-finished and baked to perfection, our quiche features a delightfully golden crust that holds the creamy, savoury filling. Ideal for any hotel, pub, cafe, garden centre and nursing home meal.

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Allergen Information



Cereal



Milk



Eggs



Peanuts



Nuts



Crustaceans



Mustard



Fish



Lupin



Sesame



Celery



Soya



Molluscs



SO2

Specifications

Nutrition

Typical Values	Per 100g/ml
Energy	855 kJ 215 kcal
Fat	13 g
- of which saturates	0.5 g
Carbohydrates	16 g
- of which sugars	2.1 g
Fibre	1.2 g
Protein	7.5 g
Salt	0.69 g

Allergens

Contains Cereal	Yes
Contains Gluten	-
Contains Milk	Yes
Contains Eggs	Yes
Contains Peanuts	No
Contains Nuts	No
Contains Crustaceans	No
Contains Mustard	No
Contains Fish	No
Contains Lupin	No
Contains Sesame	No
Contains Celery	No
Contains Soya	No
Contains Molluscs	No
Contains Sulphur Dioxide	No

Dietary Information

Suitable for Vegetarians	Yes
Suitable for Vegans	No
Suitable for Sufferers of Lactose Intolerance	No
Suitable for Coeliacs	No
Approved for a Halal Diet	No
Approved for a Kosher Diet	No

Ingredients

Water, EGG (19%), Fortified WHEAT flour(Self raising WHEAT flour, calcium carbonate, iron, nicotinamide, thiamine hydrochloride Raising Agents E500, E341), Vegetable (Courgette, Aubergine, Red Peppers) (12%), Grated Mature Cheddar Cheese(7%)(MILK), Onions (7%), Vegetable Oil (Rape, Palm, Emulsifier E471, Flavouring, Colours E160b(i), E100), Full Cream MILK Powder, Stabiliser thickener (modified waxy maize starch (acetylated di-starch adipate E1422), carboxy methyl cellulose E466), preservative (potassium sorbate E202), stabiliser (carrageenan E407), Salt, Pepper.

Directions

for Use

Defrost overnight in

Storage

Instructions

-18 DEGREES

Packaging

GTIN: 5060392096864
Inner GTIN:
Weight/Volume:
Packaging Type: Box

Country of

Origin

United Kingdom ()

All Allergen and Nutrition information drawn from www.erudus.com on 20/04/2024