



Country Range Mediterranean Vegetable Quiche 1.4 kg

Ingredients & Allergens

Country of Origin: United Kingdom

Ingredients: Water, Mediterranean Vegetables (20%) (Red Peppers, Green Peppers, Courgettes, Onions), Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Whole EGG (12%), Cheddar Cheese (MILK) (6%), Tomato Purée, Skimmed Milk Powder (Palm Oil, Skimmed MILK, Sugar, Emulsifier (SOYA Lecithin)), Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids), Colours (Annatto, Curcumin), Natural Flavouring), Vegetable Shortening (Palm Oil, Rapeseed Oil), Modified Maize Starch, SOYA Flour, Cheese Powder (MILK, Emulsifying Salts (Sodium Phosphates, Sodium Polyphosphates)), Salt, Raising Agents (Diphosphates, Sodium Carbonates), MUSTARD Powder, White Pepper.

Nutrition - Typical per 100g

Energy	839 / 201
Fat	11.4
Saturates	4.6
Carbohydrates	17.1
Sugars	2.7
Fibre	1.1
Protein	7.2
Salt	0.9

Dietary

Suitability

Vegetarian	yes
Vegan	no
Halal Diet	no
Kosher Diet	no

Contains

Cereals	yes
Gluten	-
Milk	yes
Egg	yes
Peanuts	no
Brazil Nut	no
Crustaceans	no
Mustard	yes
Fish	no
Lupin	no
Sesame	no
Celery	no
Soya	yes
Molluscs	no
Sulphur Dioxide	no

Handling & Cooking

Directions for Use

To defrost remove all packaging and leave in a refrigerator for 24 hours. Once defrosted, do not refreeze and consume within 3 days.

Storage Instructions

Store frozen at -18 °C or colder. Do not refreeze once thawed. Once defrosted, store in a refrigerator and consume within 3 days.

Packaging

Primary packaging type

-

Primary packaging dimensions

-

Inner Unit Length in (mm)

305.0000

Inner Unit Height in (mm)

50.0000

Inner Unit Width in (mm)

305.0000

Outer Unit Length in (mm)

32.0000

Outer Unit Height in (mm)

5.0000

Outer Unit Width in (mm)

32.0000

Disclaimer:

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