

# SPINACH & FETA QUICHE



A Classic French quiche in a pie crust. Perfect for breakfast, lunch, dinner, or as a satisfying snack.

Ready to heat and serve. Serve our classic quiche with a side salad, soup, fruit or on its own.

## Ingredients

Filling: Spinach, Egg, Feta Cheese, Water, Cheese Topping, Flour, Canola Oil, Oat, Onion, Garlic, Tomato, Salt, Pepper, Spices, Herbs.

Pastry: Flour, Shortening, Salt, Sugar, Citric Acid.

## Product Information

Code	7123
SCC	208 42138 00018 7
Pack Size	5 x 1 kg individually wrapped
Pack Dimensions	8.5 x 8.5 x 9.6
Sold As	Frozen
Temperature	-18°C ± 5°C (0°F ±9°F)
Net Weight	5.00 kg
Gross Weight	5.50 kg
Shelf Life	180 days
Lot Code	YYMMDD
Best Before	Thaw under refrigeration. After opening use up to 5 days.
Kosher/Halal	No/No

## Nutritional Information

per 100 g

		*Daily Value %
Calories	220.00	
Fat	9.00 g	14 %
Saturated	2.50 g	16 %
Trans	0.20 g	
Cholesterol	60.00 mg	
Sodium	470.00 mg	20 %
Carbohydrate	24.00 g	
Dietary Fibre	2.00 g	6 %
Sugars	3.00 g	
Protein	8.00 g	
Vitamin A		20 %
Vitamin C		0 %
Calcium		20 %
Iron		15 %

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. The actual nutrition label on the product may vary slightly.

