

INDIVIDUAL QUICHE - BROCCOLI AND CHEDDAR CHEESE



Fully cooked and frozen for easy storage, 3" diameter. Classic flaky pastry that is better than home-made with a rich egg filling using only real, natural ingredients.

All day appeal and easy to prepare; thaw, heat and serve.

Ingredients

Unbleached White Flour, Whole Milk, Eggs, Vegetable Shortening, Broccoli, Onions, Water, Cheddar Cheese, Modified Tapioca Starch, Salt, Vinegar, Onion Powder, Black Pepper, Nutmeg.

Product Information

Code	7215
SCC	106 61823 27004 6
Pack Size	27 x 3.5 oz.
Pack Dimensions	4 x 10 x 13.75
Sold As	Frozen
Temperature	-18°C ± 5°C (0°F ± 9°F)
Net Weight	2.7 kg
Gross Weight	2.9 kg
Shelf Life	180 days
Lot Code	YYMMDD
Best Before	Thaw under refrigeration. After opening use up to 5 days.

Nutritional Information per 90 g

		*Daily Value %
Calories	220.00	
Fat	14.00 g	21 %
Saturated	4.50 g	23 %
Trans	0.10 g	
Cholesterol	60.00 mg	
Sodium	200.00 mg	8 %
Carbohydrate	18.00 g	6 %
Dietary Fibre	1.00 g	4 %
Sugars	2.00 g	
Added Sugars	0 g	
Protein	6 g	
Vitamin A		4 %
Vitamin C		8 %
Iron		8 %
Calcium		6 %

*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.

