Broccoli & Red Pepper Quiche

UNIT: 1 x 1.2kg (12pp)

Description

A 10" quiche weighing 1.2kg and pre-portioned into 12 slices, ideal for consistent service across buffets, cafés or plated meals. Made with broccoli florets, ripe red peppers, mature Cheddar, and free-range eggs from a Shropshire farm, all baked in a rich shortcrust pastry.

Hand-finished for a homemade look, it's suitable for both cold and hot service. Simply thaw in the fridge for 48 hours, serve chilled or heat at 180°C for 22 minutes to reach an internal temperature of 80°C.

Allergen Information

Cereal Milk Eggs Peanuts Nuts Crustaceans Mustard

Fish Lupin Sesame Celery Soya Molluscs SO2

Contains Cereal	Yes
Contains Gluten	-
Contains Milk	Yes
Contains Eggs	Yes
Contains Peanuts	No
Contains Nuts	No
Contains Crustaceans	No
Contains Mustard	May Contain
Contains Fish	No
Contains Lupin	No
Contains Sesame	No
Contains Celery	May Contain
Contains Soya	May Contain
Contains Molluscs	No
Contains SO2	May Contain

Nutrition

Typical Values	Per 100g/ml
Energy	916 kJ
	219 kcal
Fat	12.2 g
- of which saturates	5.6 g
Carbohydrates	20 g
- of which sugars	3.6 g
Fibre	1 g
Protein	6.9 g
Salt	0.65 g

Dietary Information

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

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Ingredients

MILK, Wheat Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Pasteurised Free Range Whole **EGG**, Palm Oil, Water, Cheddar Cheese (**MILK**) (4%), Broccoli (4%), Modified Maize Starch, Rapeseed Oil, Red Pepper (1%), Onions, Stabilisers (Sodium Carboxy Methyl Cellulose, Xanthan Gum, Carrageenan, Potassium Chloride, Calcium Acetate), Salt, White Pepper, Dextrose, Preservative (Potassium Sorbate).

Directions for Use

Product can be eaten hot or cold.
Defrosting Instructions: Defrost for 48hrs in a refrigerator at <5°C.

Heating Instructions: From frozen:Pre heat oven to 175°C.
Place product on a baking tray in the
middle of the oven and heat for approx 30-35 mins.
From Chilled: Bake for approx 15 mins at 175°C.Ensure product is piping hot throughout prior to serving.
Do not reheat.

Storage Instructions

Keep Frozen at -18*C or below

Packaging

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

Country of Origin

United Kingdom

All Allergen and Nutrition information drawn from www.erudus.com on 24/10/2026

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