

# Cheese & Onion Quiche 10"

**UNIT:** 1 x 1.3kg



## Description

Experience a classic comfort with our vegetarian Cheese and Onion quiche. Enclosed in a shortcrust pastry, this dish combines pasteurised eggs with the richness of grated mature Cheddar cheese and the delicate sweetness of spring onions. It's a delightful balance of taste and texture.

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.



## Allergen Information



Cereal



Milk



Eggs



Peanuts



Nuts



Crustaceans



Mustard



Fish



Lupin



Sesame



Celery



Soya



Molluscs



SO2

## Specifications

### Nutrition

Typical Values	Per 100g/ml
Energy	880 kJ 212 kcal
Fat	14.6 g
- of which saturates	5.5 g
Carbohydrates	12.2 g
- of which sugars	0.8 g
Fibre	1.2 g
Protein	7.2 g
Salt	0.68 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	
Suitable for Coeliacs	
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), 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, Spring Onion

## Directions for Use

Thaw & Serve or Thaw & Heat. Remove all packaging and defrost in a refrigerator for at least 24 hours. Once defrosted keep refrigerated and use within 3 days. Heating instructions: when defrosted bake in the oven at 190°C for 25-30 minutes.

## Storage

### Instructions

Store at -18°C or colder. Do not refreeze once defrosted.

## Packaging

CTIN: 5060392096840  
Inner CTIN:  
Weight/Volume:  
Packaging Type: Box

## Country of Origin

United Kingdom ()

All Allergen and Nutrition information drawn from [www.erudus.com](http://www.erudus.com) on 12/06/2025