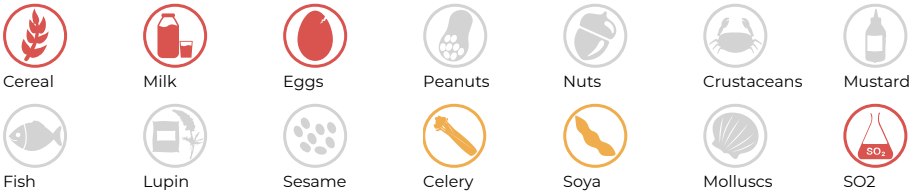
Cheese & Onion Quiche

UNIT: 1 x 1.2kg (12pp)

Description

This quiche brings together balsamic onions and mature Cheddar for a sweet and tangy finish. It's 10" wide, weighs 1.2kg, and is portioned into 12 slices for easy prep and service. Baked with free-range eggs in shortcrust pastry and hand-finished, it suits both cold and hot settings. Thaw in refrigerated conditions for 48 hours or reheat at 180°C for 22 minutes.

Allergen Information



Specifications

Nutrition

Typical Values	Per 100g/ml
Energy	799 kJ
	191 kcal
Fat	10 g
- of which saturates	4.8 g
Carbohydrates	18.4 g
- of which sugars	4.3 g
Fibre	1 g
Protein	6.3 g
Salt	0.65 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	May Contain
Contains Soya	May Contain
Contains Molluscs	No
Contains Sulphur Dioxide	>10mg

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

MILK, Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Pasteurised Free Range Whole EGG, Balsamic Onions (8%) (Red Onions, Brown Sugar, Balsamic Vinegar (Wine Vinegar, Cooked Grape Must, Concentrated Grape Must, Colour (SULPHITE Ammonia Caramel))), Palm Oil, Water, Mature Cheddar Cheese (MILK) (4%), Modified Maize Starch, Rapeseed Oil, Onions, Stabilisers (Sodium Carboxy Methyl Cellulose, Xanthan Gum, Carrageenan, Potassium Chloride, Calcium Acetate), Salt, Dextrose, Preservative (Potassium Sorbate), White Pepper.

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 (Packed using milk and egg from the UK for The Wholesale Group. UK: 2 A P Ellis Road, Cheltenham, GL54 2QB EU: 77 Camden Street Lower, Dublin, DO3 XE80, Ireland)

All Allergen and Nutrition information drawn from www.erudus.com on 22/12/2025

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