

# Mediterranean Vegetable Quiche 10"

**UNIT:** 1 x 1.3kg



## Description

Explore the diverse flavours of the Mediterranean with our authentic Mediterranean quiche. Suitable for vegetarians, this hand-finished quiche features an irresistible blend of pasteurised eggs, grated mature Cheddar cheese, onions, mixed peppers, aubergine and courgette in a shortcrust pastry case.

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	855 kJ 215 kcal
Fat	13 g
- of which saturates	0.5 g
Carbohydrates	16 g
- of which sugars	2.1 g
Fibre	1.2 g
Protein	7.5 g
Salt	0.69 g

### Allergens

Contains Cereal  
Contains Gluten  
Contains Milk  
Contains Eggs  
Contains Peanuts  
Contains Nuts  
Contains Crustaceans  
Contains Mustard  
Contains Fish  
Contains Lupin  
Contains Sesame  
Contains Celery  
Contains Soya  
Contains Molluscs  
Contains Sulphur Dioxide

### Dietary Information

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

## Ingredients

Water, EGG (19%), Fortified WHEAT flour(Self raising WHEAT flour, calcium carbonate, iron, nicotinamide, thiamine hydrochloride Raising Agents E500, E341), Vegatable (Courgette, Aubergine, Red Peppers) (12%), 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.

## Directions for Use Storage

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.

## Instructions

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

## Packaging

CTIN: 5060392096864  
Inner CTIN:  
Weight/Volume:  
Packaging Type: Box

## Country of Origin

United Kingdom (I)

All Allergen and Nutrition information drawn from [www.erudus.com](http://www.erudus.com) on 04/05/2025