

# Mediterranean Vegetable Quiche

UNIT: 1 x 1.2kg (12pp)



### Description

This meat-free 10" quiche weighs 1.2kg and comes pre-sliced into 12 portions. It includes a colourful mix of Mediterranean peppers, mature Cheddar, and savoury custard, baked in a shortcrust pastry and finished by hand.

Made with free-range eggs from a local Shropshire farm, it's easy to serve cold or hot. Thaw for 48 hours in the fridge, or heat portions at 180°C for 22 minutes until 80°C internal temperature is reached.

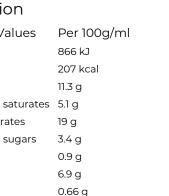
### Allergen Information



## Specifications

#### Nutrition

Typical Values	Per 100g/ml
Energy	866 kJ
	207 kcal
Fat	11.3 g
- of which saturates	5.1 g
Carbohydrates	19 g
- of which sugars	3.4 g
Fibre	0.9 g
Protein	6.9 g
Salt	0.66 g



Allergens

Peanuts

Celer

**Contains** Cereal Yes **Contains Gluten** Contains Milk Yes Contains Eggs Yes **Contains Peanuts** No **Contains Nuts** No **Contains Crustaceans** No Contains Mustard Мау Contains Fish No **Contains Lupin** No Contains Sesame No **Contains Celery** Мау Contains Soya Ma **Contains Molluscs** No Contains Sulphur Dioxide May Contain



ASSURED

Nuts

#### **Dietary Information**

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

<b>MILK</b>, Wheat Flour (<b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Pasteurised Free Range Whole <b>EGG</b>, Palm Oil, Water, Defrosting Instructions: Defrost for 48hrs in a refrigerator at Instructions Cheddar Cheese (<b>MILK</b>) (4%), Modified Maize Starch, Rapeseed Oil, Mixed Peppers (2%) (Red, Green), Onions, Stabilisers (Sodium Carboxy Methyl Cellulose, Xanthan Gum, Carrageenan, Potassium Chloride, Calcium Acetate), Heating Instructions: From frozen:Pre heat oven to 175°C. Salt, White Pepper, Dextrose, Preservative (Potassium Sorbate).

#### Directions for Use

Product can be eaten hot or cold.

<5°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

Keep Frozen at -18\*C or below

#### Packaging

GTIN: Inner GTIN<sup>.</sup> Weight/Volume: Packaging Type:

### Country of Origin

United Kingdom ()

All Allergen and Nutrition information drawn from www.erudus.com on 17/06/2025

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