

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



Cereal



Milk



Eggs



Peanuts



Nuts



Crustaceans



Mustard



Fish



Lupin



Sesame



Celery



Soya



Molluscs



SO2

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

| | |
|--------------------------|-------------|
| 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 Sulphur Dioxide | May Contain |

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, Palm Oil, Water, Cheddar Cheese (MILK) (4%), Modified Maize Starch, Rapeseed Oil, Mixed Peppers (2%) (Red, Green), 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 22/12/2025