



# 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

|                      |             |
|----------------------|-------------|
| 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 SO2         | May Contain |

## 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      |

## 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  |

Over **300** products. **8** product categories. **1** unique brand.  
Visit us online at [chefapproved.co.uk](http://chefapproved.co.uk)



## 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](http://www.erudus.com) on 21/07/2026