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

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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 26/10/2026

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