



Economy - Quiche Lorraine

Quiche Lorraine can be enjoyed for breakfast, lunch or dinner and is accompanied by a beef sausage, diced potato and tasty corn cake with tomato relish on the side.

Eggs contribute complete protein and vitamins A and D and are a very nutritious addition to our diet.

Ingredients

Potatoes (35%) (Contains Preservative (220) (Sulphites)), Beef Chipolata (13%) (Beef (63%), Potato Starch, Salt, Soy Protein, Dried Mixed Herbs, Dextrose, Phosphate (339), Pepper, Parsley, Preservative (223) (Sulphites)), Tomato Salsa (9%) (Tomato Pulp, Crushed Tomatoes, Tomato Juice, Citric Acid (330)), Onions, Tomato Paste, Lemon Juice (contains Preservative (223) (Sulphites)), Antioxidant (300)), Modified Corn Starch (1422), Garlic, Sugar, Vegetable Protein Extract (contains Soy), Cumin, Lo Salt, Vegetable Gums (412,415), Oregano, Pepper)), Corn (Corn, Water, Sugar, Salt), Egg Pulp, Self-Raising Flour (Wheat Flour, Raising Agents (450, 500), Vitamins (Thiamin, Folic Acid)), Shortcrust Pastry (Wheat Flour, Water, Margarine (Vegetable Oil, Water, Salt, Emulsifiers (471, 472c), Natural Flavour, Antioxidants (304), Natural Colour (160a)), Salt, Citric Acid), Bechamel Sauce (Contains Milk Powder (Whole Milk, Milk Solids), Clarified Butter, Cream (Milk), Modified Corn Starch (1420), Vegetable Gum (415)), Diced Bacon (Contains Soy Protein, Acidity Regulator (325), Thickeners (407a, 415), Emulsifiers (451, 508, 450, 452), Antioxidant (316), Sodium Nitrite (250)), Cheddar Cheese (Milk), Red Capsicum, Spring Onion, Canola Oil, Skim Milk Powder (Whole Milk, Milk Solids), Sugar, Coriander, Garlic, Salt, Vegetable Gum (407), Chives, Parsley, Baking Powder (contains Wheaten, Corn Flour, Mineral Salt (339, 341, 450, 500)), Baking Soda, Lo Salt, Pepper. CONTAINS GLUTEN, WHEAT, EGGS, SOY, MILK & MILK PRODUCTS, SULPHITES, NITRITES.

Nutritional Details

Nutritional Details	Regular Size 320g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1958kj (470Cal)	612kJ (147Cal)
Protein:	19.5g	6.1g
Fat, Total:	21.8g	6.8g
--Saturated:	9.6g	3g
Carbohydrates:	46.4g	14.5g
--Sugars:	9.3g	2.9g
Dietary Fibre:	5.4g	1.7g
Sodium:	906mg	283mg

Disclaimer:

Nutrition analysis is prepared using our FOODWORKS© software system. Dinners carrying the Heart Friendly Tick have undergone laboratory testing and results for Saturated Fat, Trans Fat, Sodium, Energy, Protein and Fibre or Vegetable content are guaranteed to comply with the criteria. Clients and Health

Professionals should use all other calculations as a guide only when recommending or choosing suitable dinners.