



## Vegetable Frittata

A deliciously moist frittata served with roasted seasonal vegetables and gravy.

The humble egg has impressive health credentials. Our Vegetable Frittata is lovingly made with fresh eggs and veggies. Eggs also provide choline - an essential nutrient that is involved in nerve and brain function.



## Ingredients

Frittata (45%) (Mixed Vegetables (40%) [Spinach, Carrots, Potato, Pumpkin, Capsicum], Eggs, Water, Tasty Cheese, Thickened Cream, Maize Starch, Onions, Milk Powder, Leek, Vegetable Stock Powder [Salt, Dehydrated Vegetables, Hydrolyzed Veg Protein, Sugar, Rice Flour, Corn Starch, Spices, Yeast Extract], Tomatoes, Salt, Oregano, Mixed Herbs [Oregano, Marjoram, Thyme, Sage], White Pepper), Gravy (Water, Thickeners (1442, 1422), Salt, Natural Flavour, Vegetable Powders, Colour (150d), Canola Oil, Vegetable Gum (466), Spice, Herbs, Tapioca), Potatoes, Sweet Potatoes, Pumpkin, Carrots, Beans, Peas, Paprika, Parsley. CONTAINS: EGGS, MILK PRODUCTS. MAY CONTAIN PEANUTS, TREE NUTS, SOY, SESAME SEEDS & SULPHITES.

## Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1408kj (338Cal)	352kJ (84Cal)
Protein:	13.2g	3.3g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	14g	3.5g
--Saturated:	7.6g	1.9g
Carbohydrates:	36g	9g
--Sugars:	9.6g	2.4g
Dietary Fibre:	5.2g	1.3g
Folate:	80.8ug (40% RDI)	20.2ug
Sodium:	764mg	191mg
Potassium:	940mg	235mg
Phosphorus:	376mg (38% RDI)	94mg

### 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.