



Vegetarian Frittata - NEW

This golden, oven-baked frittata packs a fantastic veggie punch!



Ingredients

Egg (35%), Pumpkin (12%), Spinach (9%), Bchamel Sauce (**Milk** Powder, Butter (**Milk**), Cream (**Milk**), Tapioca Starch, Modified Corn Starch (1420), Salt, Vegetable Gum (Xanthan Gum)), Capsicum (9%), Cherry Tomato (8%), Red Onion (7%), Zucchini (7%), Feta Cheese (3%) (**Milk**, Firming Agent (509)), Low Sodium Salt (Potassium Chloride), Salt, Mozzarella Cheese (Mozzarella Cheese (98%) (**Milk**), Anticaking Agent (460), Preservative (200)), Modified Starch (1422), Vegetable Gum (Xanthan Gum), Acidity Regulator (330), Vegetable Gum (412), Pepper, Parmesan Cheese (0.8%) (**Milk**, Anticaking Agent (Tapioca Starch), Preservative (200)), Dried Parsley, Paprika.

CONTAINS EGG, MILK.

Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1716kj (412Cal)	429kJ (103Cal)
Protein:	23.4g	5.8g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	26.1g	6.5g
--Saturated:	12.5g	3.1g
Carbohydrates:	19.5g	4.9g
--Sugars:	9.8g	2.4g
Dietary Fibre:	4.3g	1.1g
Sodium:	788mg	197mg
Potassium:	656mg	164mg

Disclaimer:

Nutrition analysis is prepared using our FOODWORKS© software system. To ensure dietary requirements are met, all nutritional claims are supported and reviewed independently. Meals are portion controlled to assist with healthy weight management.