



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.

Ingredients

Potatoes, Water, Beef Chipolata, Tomato, Sweetcorn, Egg Pulp, Wheat Flour (Contains Gluten), Shortcrust Pastry, Ham, Cheddar Cheese, Quiche Mix, Red Capsicum, Canola Oil, Spring Onion, Sugar, Whole Milk Powder, Onion, Confectionery Butter, Salt, Cream, Coriander, Maize Starch (Modified), Garlic, Vegetable Gum (407,412,415), Chive, Parsley, Baking Powder, Black Pepper, Mixed Herbs CONTAINS: EGG, GLUTEN, MILK PRODUCTS, CORN

Nutritional Details

Nutritional Details	Regular Size 320g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1771kj (425Cal)	553kJ (133Cal)
Protein:	21.8g	6.8g
Fat, Total:	17.8g	5.6g
--Saturated:	6.4g	2g
Carbohydrates:	44g	13.8g
--Sugars:	4.2g	1.3g
Dietary Fibre:	3.5g	1.1g
Folate:	67ug (33% RDI)	20.9ug
Sodium:	806mg	252mg
Potassium:	721mg	225mg
Phosphorus:	283mg (28% RDI)	88mg

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.