



Ham Corn & Capsicum Frittata

A generous portion of savoury, gluten free frittata enriched with eggs, ham and corn.



Ingredients

Potato (19%), Water, Egg, Corn Kernels (10%), Shredded Ham (10%) [(Pork, Beef), Starch, Water, Salt, Mineral Salts (451, 452), Sugar, Dextrose, Vegetable Gum (407, 415), Antioxidant (316), Potassium Chloride, Sodium Nitrite (250), Flavour Enhancer (621), Flavour], Thickened Cream [Milk Fat, Mineral Salts (450,500), Thickener (400)], Maize Starch, Red Capsicum (3%), Milk Powder, Salt, Vegetable Stock Powder (Yeast Extract), Mixed Herbs [Oregano, Marjoram, Thyme, Sage], Oregano, Ground White Pepper. CONTAINS: MILK, EGG, YEAST, NITRATES. MAY CONTAIN TRACES OF TREE NUTS, SOY, SESAME, SULPHITES.

Nutritional Details

	Regular Size 240g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:	1277kj (306Cal)	532kJ (128Cal)
Protein:	12.2g	5.1g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	14.6g	6.1g
--Saturated:	7.7g	3.2g
Carbohydrates:	29.8g	12.4g
--Sugars:	6.5g	2.7g
Dietary Fibre:	2.4g	1g
Folate:	136.8ug (29% RDI)	57ug
Sodium:	854mg	356mg
Potassium:	492mg	205mg
Phosphorus:	607mg (76% RDI)	253mg

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.