



Pumpkin Potato & Spinach Frittata

A hearty serve of gluten free frittata with the goodness of eggs, feta cheese and fresh vegetables.



Ingredients

Pumpkin (15%), Potato (15%), Egg, Spinach (9%), Thickened Cream [Milk Fat, Mineral Salts (450, 500), Thickener (400)], Maize Starch, Feta Cheese (3%) [Milk Cultures, Salt], Leek, Milk Powder, Salt, Vegetable Stock Powder (Yeast Extract), Mixed Herbs [Oregano, Marjoram, Thyme, Sage], Rubbed Oregano Leaves, Ground White Pepper. CONTAINS MILK, EGG, YEAST. 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:	1102kj (264Cal)	459kJ (110Cal)
Protein:	11.3g	4.7g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	13.2g	5.5g
--Saturated:	7.4g	3.1g
Carbohydrates:	24.2g	10.1g
--Sugars:	5g	2.1g
Dietary Fibre:	1.7g	0.7g
Folate:	45.6ug (23% RDI)	19ug
Sodium:	559mg	233mg
Potassium:	492mg	205mg
Phosphorus:	607mg (61% 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.