



Vegetable Frittata

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



Ingredients

Frittata (45%) (Mixed Vegetables (40%) [Spinach, Carrots, Potato, Pumpkin, Capsicum], Egg, Water, Tasty Cheese [Milk, Salt, Culture, Enzyme, Anti-caking Agent], Thickened Cream [Milk Fat, Mineral Salts (450,500), Thickener (400)], Maize Starch, Onions, Milk Powder, Leek, Vegetable Stock Powder [yeast extract], Tomatoes, Salt, Oregano, Mixed Herbs [Oregano, Marjoram, Thyme, Sage], Ground White Pepper), Gravy (Thickeners (1422, 415), Tapioca Starch, Milk Solids, Dehydrated Vegetables, Salt, Hydrolysed Vegetable Protein (Maize), Vegetable Oils, Colours (150d, 101), Glucose, Acidity Regulator (330), Mineral Salts (340, 451), Emulsifiers (471, 472e), Rice Flour, Spice Extract), Potato, Sweet Potato, Pumpkin, Carrot, Beans, Peas. CONTAINS: EGGS, MILK, YEAST. MAY CONTAIN TRACES OF TREE NUTS, SESAME SEEDS, SOY, 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.