



Bacon Potato & Leek Quiche

Such a tasty combination. Enjoy this quiche any time during the day.

Leeks are low in sodium and have almost no saturated fat or cholesterol. They are a good source of dietary fiber, vitamin B6, iron and magnesium.

Ingredients

Pastry [**Wheat** Flour, Vegetable Oil (Antioxidant 307b, **Soy**)], Shortening [Vegetable Oil, Emulsifiers (471, **Soy** Lecithin)], Natural Colour (160a), Flour Treatment Agent (920), Whey (**Milk**) Powder, Skim **Milk** Powder, Dextrose, Salt, Acidity Regulator (E330), Methyl Cellulose (461)], Potato (18%), **Eggs**, Water, Bacon (7%) [Pork, Salt, Dextrose, Mineral Salts (451, 452), Antioxidant (316), Sodium Nitrite (250), Honey Powder, Emulsifier (433)], Tasty Cheese (**Milk**), Leek (6%), Maize Starch, Thickened Cream (**Milk**), **Milk**, Canola Oil, Onions, Butter (**Milk**), Salt, Vegetable Stock Powder, Chicken Stock, Parsley Mixed Herbs [Oregano, Marjoram, Thyme, Sage], White Pepper.

CONTAINS GLUTEN, WHEAT, MILK, EGGS, SOY. MAY CONTAIN PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT NUTS, SESAME & SULPHITES.

Nutritional Details

Nutritional Details	Regular Size 200g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1834kj (440Cal)	917kJ (220Cal)
Protein:	14.4g	7.2g
Fat, Total:	25.4g	12.7g
--Saturated:	12.6g	6.3g
Carbohydrates:	37g	18.5g
--Sugars:	4g	2g
Dietary Fibre:	1.2g	0.6g
Folate:	2ug (1% RDI)	1ug
Sodium:	668mg	334mg

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.