Breakfast Frittata - NEW

Breakfast Option - A frittata with bacon, spinach and potatoes topped with a red onion jam.

GF

Ingredients

Egg (25%), Red Onion (18%), Potato (Preservative (220)), Bchamel Sauce (Water, **Milk** Powder, Butter (**Milk**), Cream (**Milk**), Tapioca Starch, Modified Corn Starch (1420), Salt, Vegetable Gum (415)), Spinach (11%), Bacon (Pork, Water, Cure (Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250)), Wood Smoke), Brown Sugar, Acidity Regulator (260, 330), Mozzarella Cheese (0.5%) (**Milk**, Anticaking Agent (460), Preservative (200)), Dried Rosemary, Parmesan Cheese (0.5%) (**Milk**, Anticaking Agent (Tapioca Starch), Preservative (200)), Olive Oil, Low Sodium Salt (Potassium Chloride), Salt, Modified Starch (1422), Vegetable Gum (415), Burnt Sugar, Vegetable Gum (412), Pepper.
CONTAINS EGG, MILK.

Nutritional Details

	Regular Size 185g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:	895kj (215Cal)	484kJ (116Cal)
Protein:	10.7g	5.8g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	12.8g	6.9g
--Saturated:	5.7g	3.1g
Carbohydrates:	13.9g	7.5g
--Sugars:	7.4g	4g
Dietary Fibre:	1.5g	0.8g
Sodium:	426mg	230mg
Potassium:	381mg	206mg

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.