



## Economy - Quiche Lorraine

Quiche Lorraine can be enjoyed for breakfast, lunch or dinner and is accompanied by a beef sausage, diced potato and tasty corn cake with tomato relish on the side.

Eggs contribute complete protein and vitamins A and D and are a very nutritious addition to our diet.

## Ingredients

Potatoes (35%) (Preservative (220) (**Sulphites**)), Beef Chipolata (13%) (Beef (63%), Potato Starch, Salt, **Soy** Protein, Dried Mixed Herbs, Dextrose, Phosphate (339), Pepper, Parsley, Preservative (223) (**Sulphites**)), Tomato Salsa (9%) (Tomato Pulp, Crushed Tomatoes, Tomato Juice, Citric Acid (330)), Onions, Tomato Paste, Lemon Juice (Preservative (223) (**Sulphites**)), Antioxidant (300)), Modified Corn Starch (1422), Garlic, Sugar, Vegetable Protein Extract (contains **Soy**), Cumin, Lo Salt, Vegetable Gums (412,415), Oregano, Pepper)), Corn (Corn, Water, Sugar, Salt), **Egg** Pulp, Self-Raising Flour (**Wheat** Flour, Raising Agents (450, 500), Vitamins (Thiamin, Folic Acid)), Shortcrust Pastry (**Wheat** Flour, Water, Margarine (Vegetable Oil, Water, Salt, Emulsifiers (471, 472c), Natural Flavour, Antioxidants (304), Natural Colour (160a)), Salt, Citric Acid), Bechamel Sauce (Contains **Milk** Powder, Clarified Butter, Cream (**Milk**), Modified Corn Starch (1420), Vegetable Gum (415)), Diced Bacon (Contains **Soy** Protein, Acidity Regulator (325), Thickeners (407a, 415), Emulsifiers (451, 508, 450, 452), Antioxidant (316), Sodium Nitrite (250)), Cheddar Cheese (**Milk**), Red Capsicum, Spring Onion, Canola Oil, Skim **Milk** Powder, Sugar, Coriander, Garlic, Salt, Vegetable Gum (407), Chives, Parsley, Baking Powder (contains **Wheaten**, Corn Flour, Mineral Salt (339, 341, 450, 500)), Baking Soda, Lo Salt, Pepper.

**CONTAINS GLUTEN, WHEAT, EGGS, SOY, MILK, SULPHITES, NITRITES.**

## Nutritional Details

Nutritional Details	Regular Size 320g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1958kj (470Cal)	612kJ (147Cal)
Protein:	19.5g	6.1g
Fat, Total:	21.8g	6.8g
--Saturated:	9.6g	3g
Carbohydrates:	46.4g	14.5g
--Sugars:	9.3g	2.9g
Dietary Fibre:	5.4g	1.7g
Sodium:	906mg	283mg

## 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.