



Ham Tomato & Leek Quiche

Perfect for lunch or add salad or vegetables for a complete meal.

Eggs are a complete protein and more than half of its protein is found in the egg white. Eggs are rich sources of selenium, vitamins D, B6, B12 and minerals such as zinc, iron and copper.

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)], **Eggs**, Tomatoes (14%), Water, Ham (12%) [Pork (65%), Water, Salt, Potato Starch, Dextrose, Mineral Salts (541,508,452,500), Sugar, Vegetable Gum (407,415), Antioxidant (316), Sodium Nitrite (250), Sunflower Oil, Flavour], Tasty Cheese (**Milk**), Leeks (5%), Maize Starch, Thickened Cream (**Milk**), **Milk**, Salt, Vegetable Stock Powder, 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:	1596kJ (383Cal)	798kJ (191Cal)
Protein:	14.2g	7.1g
Fat, Total:	20g	10g
--Saturated:	10.4g	5.2g
Carbohydrates:	35.4g	17.7g
--Sugars:	5.6g	2.8g
Dietary Fibre:	0.6g	0.3g
Folate:	2ug (1% RDI)	1ug
Sodium:	746mg	373mg

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.