



## 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 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, Leeks (5%), Maize Starch, Thickened Cream, Milk, Salt, Vegetable Stock Powder, Mixed Herbs [Oregano, Marjoram, Thyme, Sage], White Pepper. CONTAINS GLUTEN, MILK, EGGS, SOY. MAY CONTAIN PEANUTS, TREE NUTS, SESAME SEEDS & SULPHITES.

### Nutritional Details

| Nutritional Details | Regular Size 200g Per Serve  |                           |
|---------------------|------------------------------|---------------------------|
|                     | Average Quantity per Serving | Average Quantity per 100g |
| Energy:             | 1596kJ<br>(383Cal)           | 798kJ<br>(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. 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.