



## Pumpkin Potato & Spinach Frittata

A hearty serve of gluten free frittata with the goodness of eggs, feta cheese and fresh vegetables.

Compared to other cheeses, Feta is lower in calories and fat. It also contains a high amount of B vitamins, phosphorus and calcium, which can benefit bone health. Additionally, feta contains beneficial bacteria and fatty acids. It is one of the best dietary sources of calcium, essential to the development and health of bones and tooth enamel.



### Ingredients

Pumpkin (15%), Potatoes (15%), Eggs, Spinach (9%), Thickened Cream, Maize Starch, Feta Cheese (3%), Leek, Milk Powder, Salt, Vegetable Stock Powder (Yeast Extract), Mixed Herbs [Oregano, Marjoram, Thyme, Sage], Rubbed Oregano Leaves, White Pepper. CONTAINS MILK & MILK PRODUCTS, EGGS. MAY CONTAIN TRACES OF TREE NUTS, SOY, SESAME, SULPHITES.

### Nutritional Details

Nutritional Details	Regular Size 240g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1102kJ (264Cal)	459kJ (110Cal)
Protein:	11.3g	4.7g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	13.2g	5.5g
--Saturated:	7.4g	3.1g
Carbohydrates:	24.2g	10.1g
--Sugars:	5g	2.1g
Dietary Fibre:	1.7g	0.7g
Folate:	45.6ug (23% RDI)	19ug
Sodium:	559mg	233mg

#### 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.