



Vegetable Frittata

A deliciously moist frittata served with roasted seasonal vegetables and gravy.

The humble egg has impressive health credentials. Our Vegetable Frittata is lovingly made with fresh eggs and veggies. Eggs also provide choline - an essential nutrient that is involved in nerve and brain function.



Ingredients

Frittata (45%) (Mixed Vegetables (40%) [Spinach, Carrots, Potato, Pumpkin, Green Capsicum], **Egg**, Water, Tasty Cheese [**Milk**, Salt, Culture, Enzyme, Anti-caking Agent], Thickened Cream [**Milk** Fat, Mineral Salts (450, 500), Thickener (400)], Maize Starch, Onions, **Milk** Powder, Leek, Vegetable Stock Powder [Salt, Dehydrated Vegetables, hydrolysed Vegetable Protein, Sugar, Rice Flour Corn Starch, Spices, Yeast Extract], Tomatoes, Salt, Oregano, Mixed Herbs [Oregano, Marjoram, Thyme, Sage], White Pepper], Gravy (Water, Thickeners (1442, 1422), Salt, Natural Flavour, Vegetable Powders, Colour (150d), Canola Oil, Vegetable Gum (466), Spices, Herbs, Tapioca), Potatoes, Carrots, Sweet Potato, Pumpkin, Beans, Peas, Paprika, Parsley.

CONTAINS EGG, MILK. MAY CONTAIN SOY, SESAME, PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT, SULPHITES.

Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1408kJ (338Cal)	352kJ (84Cal)
Protein:	13.2g	3.3g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	14g	3.5g
--Saturated:	7.6g	1.9g
Carbohydrates:	36g	9g
--Sugars:	9.6g	2.4g
Dietary Fibre:	5.2g	1.3g
Folate:	80.8ug (40% RDI)	20.2ug
Sodium:	764mg	191mg
Potassium:	940mg	235mg
Phosphorus:	376mg (38% RDI)	94mg

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.