

Balsamic Onion & Cheddar Cheese Quiche (Chefs Selections)

Pack Size: 1 X 12PP

Product Description:

A frozen, fully baked cheese and onion quiche made with a mixture of egg, balsamic red onion and Cheddar cheese baked in a shortcrust pastry case.

Brand: Chefs Selections



Ingredient Declaration: MILK, Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Pasteurised Free Range Whole EGG, Balsamic Onions (8%) (Red Onions, Brown Sugar, Balsamic Vinegar (Wine Vinegar, Cooked Grape Must, Concentrated Grape Must, Colour (SULPHITE Ammonia Caramel))), Palm Oil, Water, Cheddar Cheese (MILK) (4%), Modified Maize Starch, Rapeseed Oil, Onions, Stabilisers (Sodium Carboxy Methyl Cellulose, Xanthan Gum, Carrageenan, Potassium Chloride, Calcium Acetate), Salt, Dextrose, Preservative (Potassium Sorbate), White Pepper.

Allergens:

NOT APPLICABLE N/A

CONTAINS Cereal, Eggs, Gluten, Milk, Sulphur Dioxide

MAY CONTAIN Soya

Additional Allergen Information:

Barley	No	Almond nuts	No
Oats	May Contain	Brazil nuts	No
Rye	No	Cashew nuts	No
Wheat (including Spelt and Khorasan)	Yes	Hazelnuts	No
		Macadamia (Queensland) nuts	No
		Pecan nuts	No
		Pistachio nuts	No
		Walnuts	No

Diet Suitability:

NOT APPLICABLE N/A

SUITABLE FOR Vegetarians

Nutritional Information:

Nutrient	per 100g/ml
Energy (kJ/kcal)	191 kcal / 799 kJ
Fat	10 g
of which Saturates	4.8 g
Carbohydrate	18.4 g
	4.3 g

of which Sugars

Fibre	1 g
Protein	6.3 g
Salt	0.65 g

Directions For Use: Product can be eaten hot or cold. Defrosting Instructions: Defrost for 24hrs in a refrigerator at <5°C. Heating Instructions: From frozen:Pre heat oven to 175°C. Place product on a baking tray in the middle of the oven and heat for approx 30-35 mins. From Chilled:Bake for approx 15 mins at 175°C.Ensure product is piping hot throughout prior to serving. Do not reheat.

Storage Instructions: Keep Frozen at -18°C or below

Shelf Life Once Open: 7 Days

All product information is correct at time of upload. Information may change so please check the packaging before use.

If allergen information is not presented here, please obtain it from the product packaging or speak with our QA Department.