

Nutritional Info

Nutrients

	MEDIUM QUICHES							
	Bacon Spinach		Butternut blue cheese		Chick mushroom		Zucchini, leek Danish	
	100g	Serving 215g	100g	Serving 200g	100g	Serving 235g	100g	Serving 125g
Energy kJ	573	1289	515	1082	471	1153	424	1017
Protein g	8.1	18.1	7.5	15.7	10.4	25.4	6.6	15.8
Carbohydrate g	9	20	8	17	6	14	6	13
of which total sugar g	2.2	5.0	2.3	4.9	1.9	4.7	1.8	4.3
Total fat g	7.0	15.7	6.5	13.7	5.0	12.3	5.6	13.5
of which saturated fat (g)	1.7	3.7	1.8	3.7	0.9	2.2	1.5	3.5
of which trans fat (g)	0	0	0	0	0	0	0	0
of which monosaturated fat(g)	1.6	3.6	1.2	2.5	0.9	2.3	0.9	2.3
of which polyunsaturated fat (g)	0.6	1.4	0.5	1.1	0.5	1.3	0.4	1.0
Cholesterol mg	48	109	52	110	52	127	45	108
Dietary fibre	2.0	4.5	1.2	2.6	1.1	2.8	1.1	2.7
Total sodium mg	361	811	275	578	171	419	208	500
GL		6		7		5		5
GI	LOW		LOW		LOW		LOW	
Exchange value	1 starch, 2 protein, 1 fat, 1½ vegetables		1 starch, 2 protein 1 fat		1 starch, 3 protein ½ fat, ½ vegetables		1 starch, 2 protein 1 fat, ½ vegetable	
ALLERGENS	Wheat (gluten) Cow's milk, Egg, Soya		Wheat (gluten) Cow's milk, Egg, Soya		Wheat (gluten) Cow's milk, Egg, Soya		Wheat (gluten) Cow's milk, Egg, Soya	
INGREDIENTS	Filling(low fat yoghurt, low fat milk, egg, spinach(13%),bacon(7%), onion, tomato, stock powder), Crust (cheese, water, flour, bran, linseed,soya nibs, yeast, veg oil {palm fruit},seeds[sunflower,sesame], groats, sugar, salt, soya flour, vinegar, preservative (calcium propionate), emulsifiers, flour improvers)		Filling (low fat yoghurt, low fat milk, egg, butternut (25%), blue cheese(8%), stock powder, Crust(cheese, water, flour, bran linseeds, soya nibs, yeast, veg oil {palm fruit},seeds[sunflower,sesame], groats, sugar, salt, soya flour, vinegar, preservative (calcium propionate), emulsifiers, flour improvers)		Filling (low fat yoghurt, low fat milk, egg, chicken breast(16%), mushroom, (12%), pepper,onion,stock powder), Crust (cheese, water, flour, bran linseeds, soya nibs, yeast, veg oil {palm fruit},seeds[sunflower,sesame], groats, sugar, salt, soya flour, vinegar, preservative (calcium propionate), emulsifiers, flour improvers)		Filling (low fat yogurt, low at milk, egg, zuchinni (30%), leek(7%), Danish feta(4%), stock powder), Crust(cheese, water, flour, bran, linseeds, soya nibs, yeast, veg oil {palm fruit}, seeds [sunflower sesame], groats, sugar, salt, soya flour, vinegar, preservative (calcium propionate), emulsifiers, flour improvers)	



Stock powder (salt, dehydrated veg[onion, carrot, mushroom, cornstarch, sugar, maltodextrin, herbs, yeast extract, veg oil {canola seed}, pepper, flavouring, colourant, spices,acid)