

Nutritional Info

Nutrients

	SMALL QUICHES							
	Bacon Spinach		Butternut blue cheese		Chick mushroom		Zucchini, leek Danish	
	100g	Serving 110g	100g	Serving 110g	100g	Serving 120g	100g	Serving 125g
Energy kJ	625	769	537	645	507	660	444	600
Protein g	8.2	10.1	7.2	8.6	10.7	13.9	6.4	8.6
Carbohydrate g	12	15	10	13	8	10	8	10
of which total sugar g	2.3	2.8	2.2	2.6	2.4	3.2	1.7	2.3
Total fat g	6.8	8.4	6.0	7.2	5.0	6.5	5.2	7.1
of which saturated fat (g)	1.6	1.9	1.5	1.8	0.9	1.1	1.3	1.8
of which trans fat (g)	0	0	0	0	0	0	0	0
of which monosaturated fat(g)	1.6	2.0	1.1	1.3	0.9	1.2	0.9	1.2
of which polyunsaturated fat (g)	0.8	1.0	0.7	0.8	0.7	1.0	0.6	0.8
Cholesterol mg	42	51	43	52	46	60	37	51
Dietary fibre	2.7	3.4	1.9	2.3	2.1	2.8	1.7	2.3
Total sodium mg	409	503	276	331	127	165	217	293
GL		5		6		4		5
GI	LOW		LOW		LOW		LOW	
Exchange value	½ starch, 2 protein, 1 fat, 1½ vegetable		1 starch, 1 protein, 1 fat		1 starch, 3 protein, ½ fat, ½ vegetable		½ starch, 1 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(12%),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(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)		Filling (low fat yoghurt, low fat milk, egg, chicken breast(15%), mushroom, (11%), 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 (29%), leek(4%), 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)