

52480 | Everyday Favourites | 12Ptn

Everyday Favourites 10 Cheese & Onion Quiche

A Frozen Ready Baked Cheese & Onion Quiche Made With Cheddar Cheese And Diced Onions With A Savoury Egg Custard All In A Pastry Case, Just Defrost To Serve.



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Description

Legal Product Name	10" Cheese & Onion Quiche
Unique Marketing Statement	A Frozen Ready Baked Cheese & Onion Quiche Made With Cheddar Cheese And Diced Onions With A Savoury Egg Custard All In A Pastry Case, Just Defrost To Serve.
Brand Name	Everyday Favourites
Country of Origin	United Kingdom

Ingredients

Ingredients	Water, Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin And Thiamin), Raising Agents (Disodium Diphosphate, Sodium Carbonate), Whole Egg (14%), Onions (12%), Skimmed Milk Powder (Skimmed Milk , Palm Oil, Sugar, Emulsifier: Soya Lecithin), Red Leicester Cheese (Milk) (4%), (Salt, Rennet, Anti-Caking Agent (potato starch), (Colour: Annatto), Mature Cheddar Cheese (Milk) (4%), Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier: Mono- and Di-glycerides of Fatty Acids; Colours (Curcumin, Annatto), Natural Flavouring), Vegetable Oils (Palm Oil, Rapeseed Oil), Modified Maize Starch, Soya Flour, Spring Onion (2%), Cheese (Milk) Flavoured Powder (Cheese (Milk), Milk Solids, Emulsifying Salts (Monosodium Polyphosphates, Sodium Phosphates)), Mustard Powder, Natural Flavouring (Contains Milk), White Pepper.
Is the product made from at least 65% British ingredients?	Yes
Contains GM Ingredients	No

Nutrition

Servings per Consumer Unit (Inner)	12
Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	820 kJ
Energy (Kilocalories)	196 kcal
	10.3 g
	4.66 g
Carbohydrate	18.55 g
Sugars	2.26 g
Dietary Fibre, Total	2.36 g
Protein, Total	6.1 g
Salt	0.508 g
Sodium	200 mg

Allergens

Cereals containing Gluten (and products thereof)	Contains
Wheat (as an ingredient)	Contains
Rye (as an ingredient)	Does NOT Contain
Barley (as an ingredient)	Does NOT Contain
Oats (as an ingredient)	Does NOT Contain
Crustaceans (and products thereof)	Does NOT Contain
Egg and Egg Products	Contains
Fish and Fish Products	Does NOT Contain
Peanut and Peanut Products	Does NOT Contain
Soybean and Soybean Products	Contains
Milk and Milk Products	Contains
Tree Nuts (and products thereof)	Does NOT Contain
Almonds (as an ingredient)	Does NOT Contain
Hazelnuts (as an ingredient)	Does NOT Contain
Walnuts (as an ingredient)	Does NOT Contain
Cashews (as an ingredient)	Does NOT Contain
Pecan nuts (as an ingredient)	Does NOT Contain
Brazil nuts (as an ingredient)	Does NOT Contain
Pistachio nuts (as an ingredient)	Does NOT Contain
Macadamia or Queensland nuts (as an ingredient)	Does NOT Contain
Celery / Celeriac (and products thereof)	Does NOT Contain
Mustard (and products thereof)	Contains
Sesame Seeds and Sesame Seed Products	Does NOT Contain
Sulphur Dioxide and Sulphites (>10mg/kg)	Does NOT Contain
Lupin (and products thereof)	Does NOT Contain
Molluscs (and products thereof)	Does NOT Contain

Dietary Information

Halal Certified	No
Kosher Certified	No
Suitable for Vegan	No
Suitable for Vegetarian	Yes
Organic Certificate	No Organic certificate
Can any Ethical or Fairly traded claims be made?	No ethical or fairtrade claim
Can any other sustainability claims be made for this product?	None
Does any other assurance scheme apply to this product?	No assurance scheme

Preparation Suggestions

Is the product ready to eat?	No
Defrosting Instructions	Remove outer packaging and over-wrap film. Defrost in a refrigerator for up to 36 hours. Check product is completely defrosted before use. Once defrosted, consume within 3 days.
Oven	Oven fan assisted - 170°C / 325°F - 15 - 20 mins. Oven conventional- 190°C / 375°F/Gas Mark 5 - 15 - 20 mins. Remove all packaging and place the product on a baking tray in the centre of a preheated oven. Heat following the quid lines above. These heating guidelines are a guide only and cooking times and temperatures may vary. Once reheated serve immediately.

Packaging

Do you have any packaging environmental claims?	Contains Recycled Content and Recyclable
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