

# Quiche

Code	Description	Portion	Quantity / Case	SSC Code	
7122	Quiche	Ham & Cheese	1 kg	5	02 842138 00018 1
7123	Quiche	Spinach & Feta	1 kg	5	02 842138 00019 8

## Product Description

Individually wrapped, 1 kg Quiche, available in 2 great tastes: Ham & Cheese or Spinach & Feta. Better ingredients means better taste!

## Suggested Uses

All day appeal – breakfast, lunch or dinner! They're perfect for any menu, add them to your grab and go line up or centre of the plate as a breakfast or lunch special. Perfect for the deli lunch counter, breakfast bar or coffee shop.

## Easy to Prepare

Thaw and heat in the oven, microwave or convection oven.

## Storage

Keep frozen below -18°C. Thaw in refrigerator overnight, heat and serve.



Ham & Cheese Quiche

## Nutritional Information - Spinach & Feta

Per 100 gram portion Amount	% Daily Value
Calories	220
Fat	9 g
Saturated	2.5 g
Trans	0.5 g
Cholesterol	60 mg
Sodium	470 mg
Carbohydrate	24 g
Sugars	3 g
Protein	8 g
Vitamin A	20%
Vitamin C	0%
Calcium	20%
Iron	0%

## Nutritional Information - Ham & Cheese

Per 100 gram portion Amount	% Daily Value
Calories	240
Fat	14 g
Saturated	3.0 g
Trans	0.3 g
Cholesterol	75 mg
Sodium	630 mg
Carbohydrate	18 g
Sugars	2 g
Protein	10 g
Vitamin A	6%
Vitamin C	0%
Calcium	15%
Iron	10%