

Breakfast Quiche

Baked quiche with spinach and artichokes



WIMS# 30053

Allergens: eggs, milk, soy, wheat

Breakfast Quiche	
Nutrition Facts	
1 servings per container	
Serving size	1 meal (216 g)
Amount per serving	
Calories	470
% Daily Value*	
Total Fat 35g	44%
Saturated Fat 16g	81%
<i>Trans Fat</i> 0g	
Cholesterol 150mg	50%
Sodium 480mg	21%
Total Carbohydrate 30g	11%
Dietary Fiber 2g	7%
Total Sugars 5g	
Protein 11g	
Vitamin D 0.00mcg	0%
Calcium 210mg	18%
Iron 1.7mg	10%
Potassium 373mg	8%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
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