

## Cycle 3

# Mediterranean Quiche

Savory herbed egg custard with roasted red peppers, caramelized onions, spinach, and feta cheese, in a light, flaky pastry crust. Served with a blistered grape tomato



WIMS# 30062 Allergens: Egg, Milk, Soy, Wheat

Mediterranean Quiche

## Nutrition Facts

1 servings per container

**Serving size**

**1 meal (222 g)**

**Amount per serving**

**Calories**

**530**

**% Daily Value\***

**Total Fat** 38g **49%**

Saturated Fat 18g **90%**

*Trans* Fat 0g

**Cholesterol** 165mg **55%**

**Sodium** 1200mg **52%**

**Total Carbohydrate** 30g **11%**

Dietary Fiber 1g **4%**

Total Sugars 5g

**Protein** 14g

Vitamin D 0.00mcg **0%**

Calcium 198mg **17%**

Iron 1.1mg **6%**

Potassium 330mg **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.