

# CASPERS

PIES & PASTRIES

Caspers Pies & Pastries  
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Product Description:	Q210A	g	Units
Quiche - Antipasto	Individual	210	12

**Ingredients:**  
Ingredients: Flour [**wheat** flour, vitamins (thiamine, folate)], Pumpkin (14%), Sweet Potato (12%), Zucchini (8%), Caspicum Red (8%), **Egg** [liquid whole egg], **Milk**, Olive [kalamata olives (57%)], water, salt, sugar, food acid (260), olive oil, colour (150d), preservative (202)] (3%), Cheese [pasteurized **milk**, culture salt, calcium, chloride, rennet, anti caking agent 460] (3%), Shortening [vegetable fats and oils, emulsifiers (**soy** bean lecithin, 471), antioxidant (307b, from **soy** bean (200mg/kg)), and colour (160a)], **Cream** [pasteurised cream, halal gelatine, thickener (407a), emulsifier (471)], Salt, Flavour [**wheaten** corn flour, salt, sugar, dextrose, spices, hydrolysed vegetable protein, herbs, rice bran oil], Improver [**wheat** flour, raising agent (920)], White Pepper, Nutmeg

**CONTAINS:** Eggs, Gluten, Milk, Soy

**MAY CONTAIN:** Eggs, Milk, Peanuts, Sesame, Soy, Sulphites, Tree Nuts

Country of Origin		
Made in Australia from	89	% Australian Ingredients
Bar Graph Percentage	80	

NUTRITIONAL INFORMATION			
	Servings		
	Per Package	1	units
	Serving Size	210	g
	Average Quantity per Serving		Average Quantity per
	210 g		100 g
Energy	1505.1 kj	359.7 Cal	716.7 kj 171.3 Cal
Protein	12.3 g		5.8 g
Fat - Total	19.1 g		9.1 g
- Saturated	10.5 g		5.0 g
Carbohydrate	33.9 g		16.2 g
- Sugar	7.5 g		3.6 g
Sodium	447.6 mg		213.1 mg

