

# FP-Quiche-Vegetable (e.g. Asparagus, Mushroom, Carrot)

<b>Nutrition Facts</b>	
Serving Size 1 vegetable quiche (171 g)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories</b> 490	<b>Calories from Fat</b> 270
<b>% Daily Value*</b>	
<b>Total Fat</b> 30g	<b>47%</b>
Saturated Fat 17g	<b>87%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 220mg	<b>74%</b>
<b>Sodium</b> 680mg	<b>28%</b>
<b>Total Carbohydrate</b> 43g	<b>14%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 6g	
<b>Protein</b> 13g	<b>26%</b>
Vitamin A	60%
Vitamin C	4%
Calcium	15%
Iron	15%

INGREDIENTS: Unbleached Flour (Malted), Butter, Asparagus, Cream, Whole Milk, Eggs, Mushrooms, Carrots, Water, Parmesan Cheese, Egg Yolks, Yellow Onions, Powdered Sugar, Salt, Nutmeg, Black Pepper