Love & Quiches GOURMET®

Desserts from the Heart®

8" Deep Dish Spinach Florentine Quiche

Classic savory custard pie swirled with spinach, peppers and swiss cheese.

K

DAIRY

Nutrition Facts

Serving Size 1 Slice (151g)
Servings Per Container 6

Amount Per Serving	
Calories 360	Calories from Fat 230
	% Daily Value*
Total Fat 26g	**40%**
Saturated Fat 11g	**55%**
Trans Fat 0g	
Cholesterol 170mg	**57%**
Sodium 470mg	**20%**
Total Carbohydrate 21g	**7%**
Dietary Fiber 2g	**8%**
Sugars 2g	
Protein 11g	

Vitamin A 35% • Vitamin C 30%

Calcium 20% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Handling Tips:

Defrost in refrigerator overnight Product must be thawed overnight thoroughly defrosted before heating in a conventional oven at 375 degrees for approx. 45 minutes. Let stand for 5 minutes.

Shelf Life:

Frozen: 12 months
Refrigerated: 5 days

LQ Code	3080830-01180-0
Case UPC	1003201101180 2
Pack/Size	4 / 2.0
Cut	6
Gross Case Weight	9.46
Case Dimensions	18.125x9.00x5.3125
TI/HI	10 x 9

Ingredients:

Whole Milk, Eggs, Wheat Flour, Heavy Cream, Shortening (Palm Oil and Soybean Oil), Cheddar Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Swiss Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Water, Spinach, Onion, Red Bell Pepper, Tomatoes, Modified Cornstarch, Salt, Stabilizer (Sugar, Cornstarch, Agar, Carob Bean Gum, Salt), Spices.

Contains Egg, Milk, Soy, Wheat.

Manufactured on Equipment that Processes Peanuts and Tree Nuts.

178 Hanse Avenue, Freeport, NY 11520 - 800.525.5251 - 516.623.8800 - www.loveandquiches.com