

Quiche Lorraine

Serves 10



Typical values per portion

Energy	1799kJ /433kcal
Fat	33g
Of which saturates	17.9g
Carbohydrate	10.7g
Of which sugars	1.6g
Protein	23.7g
Fibre	0.5g
Salt	2g
Vitamin D	5.9 µg
Calcium	898 mg

Handy Tip:

Great for all quiche varieties - why not try using fresh vegetables in season?

Ingredients:

- 250g Prepared short-crust pastry
- 100g Cooked sliced ham, chopped into small pieces
- 500g Grated cheese
- 4 Medium eggs
- 400g **The Laughing Cow® Nutrient Fortified**
- Pepper
- Nutmeg

ALLERGENS: Milk, Gluten, Egg

For Allergens, always check labelling of specific ingredients used

Method:

1. Pre-heat oven to 1700C
2. Line tin with short-crust pastry
3. Spread the chopped ham over the pastry base
4. Beat the eggs and mix with **The Laughing Cow® Nutrient Fortified**, add the grated cheese
5. Season the egg mixture with pepper and a pinch of nutmeg
6. Cover the ham with this mixture
7. Cook for approx. 40 mins

- ✓ Versatile cheese ingredient
- ✓ Rich in Protein
- ✓ Rich in Calcium
- ✓ Rich in Vitamin D

