

MUSHROOM AND RED ONION TART 11"

Ingredients : Whole milk [MILK] , Double cream [MILK] , Plain flour [WHEAT] (WheatFlour [WHEAT],Calcium Carbonate,Iron,Thiamine,Nicotinamide) , Mushrooms , Butter [MILK] , Egg [EGG] , Red onion , Grated cheddar mature [MILK] (Cow's Milk [MILK],Salt,Starter Culture,Microbial Remnet,Anti-Caking Agent (Potato Starch 1%)) , Egg yolk [EGG] , Red wine vinegar [SULPHITES] (Rice Wine Vinegar,sulphur dioxide [SULPHITES] [SULPHITES]) , Maple syrup , Sunflower oil , Salt , Garlic , Peppercorns , Oregano , Tarragon , Thyme

Suitable for vegetarians

Nutritionals

	Total Per item	Total Per 100 gr
Energy (Kj)	17831	1070
Energy (KCal)	4292	258
Fat (g)	338	20
of which Saturates (g)	195	12
Carbohydrate (g)	240	14
of which Sugars (g)	57	3
Protein (g)	87.81	5.27
Salt (g)	9.62	0.58
Fibre (g)	12.02	0.72

Total Weight : 1666 g**e**