

**MUSHROOM AND RED ONION TART 11"**

Ingredients : Whole milk [MILK] , Double cream [MILK] , Plain flour [WHEAT] , 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 (E220) [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 ge