

INDIVIDUAL ROASTED VEGETABLE TART

Ingredients : Gluten free plain flour (Rice,Potato,Tapioca,Maize,Buckwheat) , Eggs [EGG] , Butter [MILK] , Double cream [MILK] , Whole milk [MILK] , Yellow pepper , Cheddar [MILK] (Cow's Milk [MILK],Salt,Starter Culture,Vegeterian Rennet,Anti 1%) , Sunflower oil or rapeseed oil , Red onion , Egg yolk [EGG] , Courgette , Water , Parmesan - vegeeterian hard cheese [MILK] (Cow's Milk [MILK],Salt,Vegetable Rennet,Starter Culture,Firming agent (Calcium Chloride)) , Balsamic vinegar [SULPHITES] (Wine,Water,Antioxidant (Sulphites) [SULPHITES],Concentrated Grape Must) , Garlic , Salt , Basil , Oregano , Black pepper

Suitable for vegetarians

For allergens please see ingredients in bold.

Please note our Bakery handle Nuts, Milk, Eggs, Soya, Peanuts, Sesame and Sulphites.

Nutritionals

	Total Per item	Total Per 100 gr
Energy (Kj)	2921	1262
Energy (KCal)	704	304
Fat (g)	52	22
of which Saturates (g)	27	12
Carbohydrate (g)	45	20
of which Sugars (g)	3	1
Protein (g)	14.22	6.14
Fibre (g)	0.87	0.38
Salt (g)	2.51	1.08

Total Weight : 231.5 g^e