

200g

Ham and Caramelised Onion Frittata

Ham, Onion and Ricotta

Ricotta (35.6%), **Eggs** (28.5%), Cream (26.7%) (**Milk**), Ham (17.8%), Onions (13.4%), Butter (2.7%), Pink salt (0.27%), Dried thyme (0.18%) [Ground thyme]

NUTRITION INFORMATION TYPICAL VALUES		
SERVINGS PER PACKAGE: 0		
SERVING SIZE : 200g		
	Per serving	Per 100g
Energy	1901kJ	950kJ
	455Cal	227Cal
Protein	22.3g	11.2g
Fat, total	38.2g	19.1g
- saturated	23.7g	11.9g
Carbohydrate	6.1g	3g
- sugars	5.4g	2.7g
Sodium	763mg	381mg

All values are considered averages unless otherwise indicated