

150g

Ham and Egg Pocket Pie

Ham and scrambled eggs with a cheesy sauce in a mozzarella and almond flour pie.

Mozzarella (36.2%), Ham (28.1%), Eggs (17.7%), Cream Cheese (14.8%) (Milk), Almond Flour (9.2%) (Tree nuts), Butter (2.2%), Pink salt (0.37%), Baking powder (0.22%)

NUTRITION INFORMATION TYPICAL VALUES		
SERVINGS PER PACKAGE: 0		
SERVING SIZE : 150g		
	Per serving	Per 100g
Energy	1783kJ	1189kJ
	427Cal	284Cal
Protein	29.3g	19.5g
Fat, total	33.2g	22.1g
- saturated	16.6g	11.1g
Carbohydrate	2.8g	1.8g
- sugars	1.8g	1.2g
Sodium	974mg	649mg

All values are considered averages unless otherwise indicated