

French Eggs (GF) B1

Description:

These creamy French-style eggs with added egg whites are sure to leave you satisfied, with more than 22g of protein per serve. The delicious combination of bacon, onion, spinach, chives and parmesan cheese ensures that this breakfast is both tasty and nutritious. Simply cook in the microwave or defrost and cook in a frypan for a fluffy, delicious omelette. Good source of protein (22.5g per serve) Contains less than 500mg of sodium per serve Gluten free Chilli rating 0 Heating & Storage Instructions Nutrition

INGREDIENTS: Egg (49%), Egg White(24%), Bacon (9%) (Pork (95%), Water, Salt, Mineral Salts (451, 452), Dextrose (Maize), Antioxidant (316), Nitrite (250), Hydrolysed Vegetable Protein (Maize)), Onion, Spinach, Parmesan Cheese, Spring Onion, Olive Oil, Chives, Garlic, Pepper. Contains: Egg, MilkMay Contain: Fish, Soybeans, Sesame Seeds, Tree Nuts, Crustacea, Peanuts, Lupin