

MEDITERRANEAN MUFFIN

GLUTEN FREE

This muffin is a savoury treat inspired by the flavours of the Mediterranean. It is gluten free and packed with sundried tomatoes, olives, spinach, chunks of feta, and topped with toasted parmesan cheese. The combination of these ingredients creates a delicious balance of savoury flavours with hints of tanginess from the parmesan cheese and tomatoes.

882g | pack of 6 serves

NUTRITIONAL INFORMATION

	Serving Size: 147.00	
	Average Quantity per serving	Average Quantity per 100g
Energy	2120kj	1440kj
Protein	9.9g	6.7g
Fat, total	33.6g	22.9g
- saturated	5.8g	3.9g
Carbohydrate	42.7g	29.1g
- sugars	3.4g	2.3g
Sodium	1090mg	741mg

INGREDIENTS

Rice Flour, Egg, Canola Oil, Feta (8%) (Milk, Non-Animal Rennet, Starter Culture, Salt, Calcium Chloride), Stabiliser (Starch, Modified Starch (1422), Whey Powder, Raising Agents (450, 500), Salt, Emulsifiers (481, 471), Vegetable Gum (415)), Spinach (4.5%), Glycerine, Olives (4%) (Black Olives, Water, Salt, Colours (579)), Sundried Tomato (4%) (Sundried Tomato, Preservatives (220), Glucose, Salt), Parmesan Cheese (1.5%) (Contains Pasteurised Milk, Salt, Cultures, Enzyme (Non-Animal Rennet)), Guar Gum (412), Paprika, Stabiliser (Contains Emulsifier (471)), Garlic Powder, Salt, Pepper White Ground, Rosemary, Preservative (202)

ALLERGENS

Contains Egg;Milk

May Contain Peanuts;Tree nuts



Country of Origin Made in Australia from at least 50% Australian ingredients

Preparation Instructions Heating times are a guide based on 1000-watt microwave and may vary depending on your appliance. Microwave: Heat muffins from chilled on HIGH for 40 seconds

Storage Keep Frozen<-18°C. Thaw and Store refrigerated below 5°C and use within 5 days.

Frozen Shelf Life 364 days

Refrigerated Shelf Life 5 days

INNER CARTON

Serves 6 serves per carton

Gross Weight 0.90kg

Barcode 9331043023741

OUTER CARTON

Gross Weight 3.59kg

Barcode 19331043023748

QUICK INFO



DISCLAIMER: Priestleys endeavours to ensure the information from this website is current. Sometimes changes are made in ingredients. You must always rely on the nutritional, ingredient and allergen information on the packaging. You will appreciate Priestleys accepts no responsibility for any loss or injury suffered by any person relying upon any information from this website which differs from the information on the packaging of our product.