

Spanish Eggs (GF) B2

Canonical: <https://directory.befitfood.com.au/food-beverages/ready-meals-prepared-foods/spanish-eggs-gf-b2-p1/>

Description:

A flavourful protein-packed Spanish inspired meal with chorizo, red capsicum, corn, spring onion and spinach. Simply cook in the microwave or defrost and cook in a frypan for a perfect breakfast omelette.

Good source of protein (21.6g per serve) Contains less than 500mg of sodium per serve Gluten free

Contains no artificial colours and flavours Chilli rating 0 Heating & Storage Instructions Nutrition

INGREDIENTS: Egg (44%), Egg White (22%), Spinach, Red Capsicum, Chorizo (7%) (Pork, Salt, Spices, Maltodextrin (Maize), Garlic, Mineral Salts (451, 450), Antioxidant (316), Preservative (250), Natural Hog Casing, Wood Smoke), Corn Kernels, Spring Onion, Olive Oil, Garlic, Pepper. Contains: Egg May Contain: Fish, Crustacea, Sesame Seeds, Peanuts, Soybeans, Tree Nuts, Milk, Lupin