

	energy	lipid	carbohydrate	protein
quiche	2086 kcal	758 kcal	1190 kcal	280 kcal
half-quiche (1/3 of the RDA)	1043 kcal	379 kcal	595 kcal	140 kcal
RDA (Man without particular issue, around 70kg)	3000 kcal	1200 kcal	1620 kcal	360 kcal
nutritional intake for a 1050-1100 kcal portion	1100 kcal	374 kcal	594 kcal	132 kcal