

# NUTRITIONAL FACTS

Oak Stove Kitchen

## (16) Gourmet Crustless Quiche Spinach and Swiss

### Nutrition Facts

Serving Size 1 quiche (113g)

Servings Per Container 8

Amount Per Serving

**Calories 310** **Calories from Fat 240**

% Daily Value\*

**Total Fat** 27g **41%**

**Saturated Fat** 16g **82%**

**Trans Fat** 0g

**Cholesterol** 160mg **54%**

**Sodium** 390mg **16%**

**Total Carbohydrate** 6g **2%**

**Dietary Fiber** 0g **0%**

**Sugars** 1g

**Protein** 13g

**Vitamin A** 30% • **Vitamin C** 2%

**Calcium** 35% • **Iron** 4%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

**Total Fat** Less than 65 g 80 g

**Saturated Fat** Less than 20 g 25 g

**Cholesterol** Less than 300 mg 300 mg

**Sodium** Less than 2,400 mg 2,400 mg

**Total Carbohydrate** 300 g 375 g

**Dietary Fiber** 25 g 30 g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

**INGREDIENTS:** Heavy Cream (Skim Milk, Carrageenan, Polysorbate 80, Mono and Diglycerides), Swiss Cheese (Pasteurized Part Skim Milk, Cheese Culture, Salt and Enzymes), Powdered Cellulose To Prevent Caking), Liquid Whole Eggs (Whole Eggs, Citric Acid [To Preserve Color], 0.15% Water Added As A Carrier For Citric Acid), Monterey Jack Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Powdered Cellulose Added To Prevent Caking), HALF & HALF (Milk, Cream, Sodium Citrate, Disodium Phosphate), Spinach, Quiche Mix (Modified Corn Starch), Whey Powder (Milk), Coconut Oil, Egg White Powder, Whole Egg Powder, Maltodextrin, Salt, Sodium Caseinate, Disodium Phosphate, Mono and Diglycerides, Dipotassium Phosphate, Artificial Color (Yellow #5 and Yellow #6)), Spices, Salt, Xanthan Gum, Onion Powder, Garlic Powder. Pan Coating (Soybean Oil, Soy Lecithin, Natural and Artificial Butter Flavor, Beta Carotene (Color), Non-Chlorofluorocarbon Propellant).

# NUTRITIONAL FACTS

Oak Stove Kitchen

## (16) Gourmet Crustless Quiche Bacon

### Nutrition Facts

Serving Size 1 quiche (113g)

Servings Per Container 8

Amount Per Serving

**Calories 370** **Calories from Fat 280**

% Daily Value\*

**Total Fat** 31g **48%**

**Saturated Fat** 17g **87%**

**Trans Fat** 0g

**Cholesterol** 170mg **56%**

**Sodium** 530mg **22%**

**Total Carbohydrate** 5g **2%**

**Dietary Fiber** 0g **0%**

Sugars less than 1g

**Protein** 17g

**Vitamin A** 8% • **Vitamin C** 0%

**Calcium** 35% • **Iron** 4%

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Calories: 2,000 2,500

**Total Fat** Less than 65 g 80 g

**Saturated Fat** Less than 20 g 25 g

**Cholesterol** Less than 300 mg 300 mg

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**Dietary Fiber** 25 g 30 g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Heavy Cream (Skim Milk, Carrageenan, Polysorbate 80, Mono and Diglycerides), Swiss Cheese (Pasteurized Part Skim Milk, Cheese Culture, Salt and Enzymes), Powdered Cellulose To Prevent Caking), Liquid Whole Eggs (Whole Eggs, Citric Acid [To Preserve Color], 0.15% Water Added As A Carrier For Citric Acid), Monterey Jack Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Powdered Cellulose Added To Prevent Caking), Precooked Bacon Toppings (Cured With Water, Salt, Sugar, Sodium Erythorbate, Sodium Nitrite. May Contain Dextrose, Flavoring, Honey, Dehydrated Pork Broth, Potassium Chloride, Potassium Lactate, Smoke Flavoring, Sodium Diacetate, Sodium Phosphate), Half & Half (Milk, Cream, Sodium Citrate, Disodium Phosphate), Quiche Mix (Modified Corn Starch), Whey Powder (Milk), Coconut Oil, Egg White Powder, Whole Egg Powder, Maltodextrin, Salt, Sodium Caseinate, Disodium Phosphate, Mono and Diglycerides, Dipotassium Phosphate, Artificial Color (Yellow #5 and Yellow #6)), Spices, Xanthan Gum, Onion Powder, Salt, Garlic Powder. Pan Coating (Soybean Oil, Soy Lecithin, Natural and Artificial Butter Flavor, Beta Carotene (Color), Non-Chlorofluorocarbon Propellant).