

NUTRITIONAL FACTS

Oak Stove

(14) 4 oz. Gourmet Crustless Quiche

Bacon

Nutrition Facts	
Serving Size 1 quiche (113g)	
Servings Per Container 7	
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%
* 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 (Milk, Contains less than 1% of: 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 and Enzymes), Powdered Cellulose (To prevent caking), Potassium Sorbate and Natamycin (preservatives), 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, Contains less than 1% of the following: Sodium Citrate and 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 (Water, Soybean Oil, Soy Lecithin, Sorbic Acid, Potassium Sorbate (Preservatives), and Non -Chlorofluorocarbon Propellant)

CONTAINS MILK, EGGS, SOYBEANS

NUTRITIONAL FACTS

Oak Stove

(14) 4 oz. Gourmet Crustless Quiche Spinach & Swiss

Nutrition Facts

Serving Size 1 quiche (113g)

Servings Per Container 7

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 and Enzymes), Powdered Cellulose (To prevent caking), Potassium Sorbate and Natamycin (preservatives), 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 (Water, Soybean Oil, Soy Lecithin, Sorbic Acid, Potassium Sorbate (Preservatives), and Non-Chlorofluorocarbon Propellant)

CONTAINS MILK, EGGS, SOYBEANS