

# NUTRITIONAL FACTS

## Oak Stove Kitchens Quiche –

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>1 piece (99g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>240</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 19g	<b>24%</b>
Saturated Fat 11g	<b>53%</b>
Trans Fat 0g	
<b>Cholesterol</b> 115mg	<b>38%</b>
<b>Sodium</b> 220mg	<b>10%</b>
<b>Total Carbohydrate</b> 5g	<b>2%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 9g	
Vitamin D 0.4mcg	2%
Calcium 260mg	20%
Iron 2.7mg	15%
Potassium 110mg	2%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

**INGREDIENTS:** HEAVY CREAM (Heavy Cream, Milk, Contains less than 0.5% of: Carrageenan, Mono and Diglycerides, Polysorbate 80), GRUYERE TYPE CHEESE (Made from Cow's Milk, Culture, Salt), 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, Potato Starch, Powdered Cellulose Added To Prevent Caking), HALF & HALF (Milk, Cream, Contains less than 1% of: Sodium Citrate and Disodium Phosphate), ASPARAGUS, SWEET PEPPERS (Cherry Red Peppers, Water, Sugar, Vinegar, Salt, Ascorbic Acid, Calcium Chloride), QUICHE MIX (Cream Powder, Modified Corn Starch, Whey Powder, Egg White Powder, Whole Egg Powder, Salt, Turmeric Oleoresin, Extractives of Annatto and Natural Flavors), MODIFIED CORN STARCH, CHIVES, XANTHAN GUM, ONION POWDER, SALT, SPICES, GARLIC POWDER

**CONTAINS EGGS, MILK**

**COOKING INSTRUCTIONS:** Conventional Oven: From frozen, remove plastic from tray, remove product from tray, and arrange product on lightly greased cooking sheet. Bake in a pre-heated 350 °F conventional oven for 20-22 minutes or until internal temperature reaches 165 °F as measured by Use of a thermometer. Microwave: Thaw completely under refrigeration then heat on high heat 1 to 1.5 minutes or until Internal temperature reaches 165 °F as measured by use of a thermometer. Store any remaining quiche in a freezer grade plastic bag to retain quality.

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## Oak Stove Kitchens Quiche – Sausage, Potato and cheese

Name	Units	Average	NFP Avg
Calories	cal	176.514	180
Fat Calories	cal	119.163	120
Sat Fat Calories	cal	51.540	50
Total Fat	g	13.240	13
Saturated Fat	g	5.727	6
Trans Fatty Acids	g	0.006	0
Cholesterol	mg	107.925	110
Sodium	mg	287.333	290
Potassium	mg	--	
Total Carbohydrate	g	5.090	5
Dietary Fiber	g	0.270	0
n-a Fiber	g	0.000	
Sugars	g	1.701	2
Added Sugars	g	--	
Protein	g	8.526	9
Vitamin A (IU)	IU	146.622	2
Vitamin A (RE)	RE	--	
Vitamin C	mg	0.806	0
Calcium	mg	117.842	10
Iron	mg	1.745	10
Vitamin D	IU	--	

### INGREDIENTS:

HALF & HALF (Milk, Cream, Contains Less Than 1% of: Sodium Citrate, Disodium Phosphate), LIQUID WHOLE EGGS (Whole Eggs, Citric Acid (To Preserve Color), 0.15% Water Added As A Carrier For Citric Acid), COOKED SAGE SAUSAGE (Pork, Water, Salt, Spices, Sugar, Citric Acid), HASH BROWN POTATOES (Potatoes, Dextrose, Disodium Pyrophosphate (Added to Maintain Color), Potassium Sorbate (Added to Maintain Freshness)), MONTEREY JACK CHEESE (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Potato Starch, Powdered Cellulose Added To Prevent Caking), SWISS CHEESE (Cultured Pasteurized Milk, Salt, Enzymes), Anticake (Powdered Cellulose)), AGED CHEDDAR CHEESE (Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), Anticake (Potato Starch, Powdered Cellulose)), BUTTERMILK POWDER (Pasteurized Milk), DRIED WHOLE EGGS (Pasteurized Whole Eggs, Sodium Silicoaluminate (Added as an Anticaking Agent)), MODIFIED CORN STARCH, PASTEURIZED DRY EGG WHITES, CHIVES, SALT, XANTHAN GUM, SPICES, ONION POWDER, GARLIC POWDER

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## Oak Stove Kitchens Quiche – Bacon and cheese

Name	Units	Average	NFP Avg
Calories	cal	273.677	270
Fat Calories	cal	211.252	210
Sat Fat Calories	cal	123.157	120
Total Fat	g	23.472	23
Saturated Fat	g	13.684	14
Trans Fatty Acids	g	0.006	0
Cholesterol	mg	145.076	145
Sodium	mg	266.650	270
Potassium	mg	59.207	60
Total Carbohydrate	g	2.267	2
Dietary Fiber	g	0.088	0
n-a Fiber	g	0.000	
Sugars	g	0.691	<1
Added Sugars	g	0.008	
Protein	g	11.246	11
Vitamin A (IU)	IU	233.156	4
Vitamin A (RE)	RE	--	
Vitamin C	mg	0.157	0
Calcium	mg	176.757	20
Iron	mg	2.773	15
Vitamin D	IU	14.525	4

### INGREDIENTS:

HEAVY CREAM, SWISS CHEESE (Cultured Pasteurized Milk, Salt, Enzymes), Anticake (Powdered Cellulose)), 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, Potato Starch, Powdered Cellulose Added To Prevent Caking), HALF & HALF (Milk, Cream, Contains Less Than 1% of: Sodium Citrate, Disodium Phosphate), FULLY COOKED BACON TOPPINGS SMOKE FLAVORING ADDED (Cured With Water, Salt, Sugar, Sodium Erythorbate, Sodium Nitrite. May Also Contain Smoke Flavoring, Dextrose, Sodium Phosphate, Potassium Chloride, Sodium Diacetate, Flavoring, Honey.), BUTTERMILK POWDER (Pasteurized Milk), MODIFIED CORN STARCH, PASTEURIZED DRY EGG WHITES, DRIED WHOLE EGGS (Pasteurized Whole Eggs, Sodium Silicoaluminate (Added as an Anticaking Agent)), CHIVES, XANTHAN GUM, ONION POWDER, SALT, SPICES, GARLIC POWDER

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