

# NUTRITIONAL FACTS

VEGGIES MADE GREAT

## Veggies Made Great Frittata/Mushroom

<b>Serving size</b>	<b>1 frittata (57g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>80</b>
<b>% Daily Value*</b>	
<b>Total Fat 4g</b>	<b>5%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 200mg</b>	<b>9%</b>
<b>Total Carbohydrate 6g</b>	<b>2%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein 4g</b>	
Vitamin D 0mcg	0%
Calcium 62mg	4%
Iron 0mg	0%
Potassium 127mg	2%
<small>*The % Daily Value 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>	

**INGREDIENTS:** VEGETABLE BLEND (MUSHROOMS, POTATOES, CALIFLOWER, KALE), EGG WHITES, CARAMELIZED ONIONS (YELLOW ONIONS, SUGAR, APPLE JUICE CONCENTRATE), MILK, CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), MUENSTER CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), BUCKWHEAT\*, CANOLA OIL, CORN STARCH, PARMESAN CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), TOMATO CONCENTRATE, WATER, NATURAL SEA SALT, MUSHROOM & SEAWEED EXTRACT, CITRUS FIBER, ONION POWDER, SALT, SUGAR, GARLIC POWDER, THYME, BLACK PEPPER, NON DAIRY NATURAL GRUYERE CHEESE FLAVOR (GUM ARABIC, MALTODEXTRIN, ORGANIC SUNFLOWER OIL, NATURAL FLAVOR).

# NUTRITIONAL FACTS

VEGGIES MADE GREAT

## Veggies Made Great Frittata/Roasted Cauliflower

<b>Serving size</b>	<b>1 frittata (57g)</b>
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<b>Amount per serving</b>	
<b>Calories</b>	<b>60</b>
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	<b>% Daily Value*</b>
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 210mg	<b>9%</b>
<b>Total Carbohydrate</b> 7g	<b>3%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 2g	
Includes 1g Added Sugars	<b>2%</b>
<b>Protein</b> 3g	
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Vitamin D 0mcg	0%
Calcium 16mg	2%
Iron 0mg	0%
Potassium 105mg	2%
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<small>*The % Daily Value 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>	

**INGREDIENTS:** CAULIFLOWER, EGG WHITES, WHOLE EGG, QUINOA, BROWN RICE, CARROTS, ONIONS, CARAMELIZED ONIONS (YELLOW ONIONS, SUGAR, APPLE JUICE CONCENTRATE), RED BELL PEPPERS, SPINACH, CANOLA OIL, BROWN SUGAR, CORN STARCH, NUTRITIONAL YEAST (DRIED YEAST, NIACIN [B3], PYRIDOXINE HYDROCHLORIDE [B6], THIAMINE HYDROCHLORIDE [B1], RIBOFLAVIN [B2], FOLIC ACID, CYANOCOBALAMIN [B12]), SALT, ONION POWDER, GRANULATED GARLIC, BLACK PEPPER, GROUND TURMERIC.