

NUTRITIONAL FACTS

THE PERFECT GOURMET

10/4.8 oz Bread Pudding

Apple Cinnamon Bread Pudding

Cooking Instructions (from frozen): Microwave: Remove plastic overwrap from bread pudding. Place on a microwave safe plate. Microwave the bread pudding on high for 1-2 minutes. **Oven (from frozen):** Preheat oven to 325°F. Remove plastic overwrap from bread pudding, place bread pudding on oven safe pan. Heat for 15-20 minutes.

Do not overcook.

Note: Ovens and cookware vary. Heating time is approximate.

Lot: XXXXXX

Freeze upon arrival

10- 4.8 oz (137g) Muffins
NET WT: 3 lbs. (1370g)

INGREDIENTS: Heavy Cream, Bread (Wheat Flour [enriched with barley malt, niacin, iron, thiamine mononitrate, riboflavin, folic acid], Water, High Fructose Corn Syrup, Yeast, contains 2% or less of: Soybean Oil, Salt, Dough Conditioners [mono- & di-glycerides, ethoxylated mono- & di-glycerides, sodium stearoyl lactylate], Dextrose, Soy Lecithin, Palm Oil, Beta-carotene [coloring], Whey, Tricalcium Phosphate, Calcium Peroxide, Calcium Sulfate, Calcium Propionate, Flavor), Eggs (Whole Eggs, Citric Acid), Sugar, Apples, Vanilla Extract (Vanilla Beans, Alcohol), Cinnamon.

Contains: Egg, Milk, Soy, Wheat

Distributed By:
RFG
Swedesboro, NJ 08085

Nutrition Facts

10 servings per container	
Serving size	1 Piece (137g)
Amount per serving	
Calories	500
% Daily Value*	
Total Fat 29g	37%
Saturated Fat 16g	80%
Trans Fat 1g	
Cholesterol 140mg	47%
Sodium 330mg	14%
Total Carbohydrate 50g	18%
Dietary Fiber 1g	4%
Total Sugars 14g	
Includes 11g Added Sugars	22%
Protein 9g	
Vitamin D 1mcg	6%
Calcium 149mg	10%
Iron 2mg	10%
Potassium 96mg	2%

*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.

Chocolate Chip Bread Pudding

Cooking Instructions (from frozen): Microwave: Remove plastic overwrap from bread pudding. Place on a microwave safe plate. Microwave the bread pudding on high for 1-2 minutes. **Oven (from frozen):** Preheat oven to 325°F. Remove plastic overwrap from bread pudding, place bread pudding on oven safe pan. Heat for 15-20 minutes.

Do not overcook.

Note: Ovens and cookware vary. Heating time is approximate.

Lot: XXXXXX

Freeze upon arrival

10- 4.8 oz (137g) Muffins
NET WT: 3 lbs. (1370g)

INGREDIENTS: Heavy Cream, Bread (Wheat Flour [enriched with barley malt, niacin, iron, thiamine mononitrate, riboflavin, folic acid], Water, High Fructose Corn Syrup, Yeast, contains 2% or less of: Soybean Oil, Salt, Dough Conditioners [mono- & di-glycerides, ethoxylated mono- & di-glycerides, sodium stearoyl lactylate], Dextrose, Soy Lecithin, Palm Oil, Beta-carotene [coloring], Whey, Tricalcium Phosphate, Calcium Peroxide, Calcium Sulfate, Calcium Propionate, Flavor), Eggs (Whole Eggs, Citric Acid), Sugar, Chocolate Chips (Chocolate, Sugar, Cocoa Butter, Milkfat, Nonfat Milk, Natural Flavor), Vanilla Extract (Vanilla Beans, Alcohol).

Contains: Egg, Milk, Soy, Wheat

Distributed By:
RFG
Swedesboro, NJ 08085

Nutrition Facts

10 servings per container	
Serving size	1 Piece (137g)
Amount per serving	
Calories	530
% Daily Value*	
Total Fat 32g	41%
Saturated Fat 17g	85%
Trans Fat 1g	
Cholesterol 140mg	47%
Sodium 320mg	14%
Total Carbohydrate 52g	19%
Dietary Fiber 1g	4%
Total Sugars 16g	
Includes 14g Added Sugars	28%
Protein 9g	
Vitamin D 1mcg	6%
Calcium 145mg	10%
Iron 2mg	10%
Potassium 88mg	2%

*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.

NUTRITIONAL FACTS

THE PERFECT GOURMET

Apple Cinnamon & Chocolate Chip Bread Pudding Combo Pack

Cooking Instructions (from frozen): Microwave:
Remove plastic overwrap from bread pudding. Place on a microwave safe plate. Microwave the bread pudding on high for 1-2 minutes. **Oven (from frozen):** Preheat oven to 325°F. Remove plastic overwrap from bread pudding, place bread pudding on oven safe pan. Heat for 15-20 minutes.

Do not overcook.

Note: Ovens and cookware vary. Heating time is approximate.

Lot: XXXXXX

Freeze upon arrival

5- 4.8 oz (137g) Chocolate Chip Muffins

5- 4.8 oz (137g) Apple Cinnamon Muffins

NET WT: 3.0 lbs. (1370g)

Distributed By:
RFG
Swedesboro, NJ 08085

Chocolate Chip Bread Pudding		Apple Cinnamon Bread Pudding	
Nutrition Facts		Nutrition Facts	
5 servings per container		5 servings per container	
Serving size 1 Piece (137g)		Serving size 1 Piece (137g)	
Amount per serving		Amount per serving	
Calories	530	Calories	500
	% Daily Value*		% Daily Value*
Total Fat 32g	41%	Total Fat 29g	37%
Saturated Fat 17g	86%	Saturated Fat 16g	80%
Trans Fat 1g		Trans Fat 1g	
Cholesterol 140mg	47%	Cholesterol 140mg	47%
Sodium 320mg	14%	Sodium 330mg	14%
Total Carbohydrate 52g	19%	Total Carbohydrate 50g	18%
Dietary Fiber 1g	4%	Dietary Fiber 1g	4%
Total Sugars 16g		Total Sugars 14g	
Includes 14g Added Sugars	28%	Includes 11g Added Sugars	22%
Protein 9g		Protein 9g	
Vitamin D 1mcg	6%	Vitamin D 1mcg	6%
Calcium 145mg	10%	Calcium 149mg	10%
Iron 2mg	10%	Iron 2mg	10%
Potassium 88mg	2%	Potassium 96mg	2%

*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.

CHOCOLATE CHIP BREAD PUDDING INGREDIENTS: Heavy Cream, Bread (Wheat Flour [enriched with barley malt, niacin, iron, thiamine mononitrate, riboflavin, folic acid], Water, High Fructose Corn Syrup, Yeast, contains 2% or less of: Soybean Oil, Salt, Dough Conditioners [mono- & di-glycerides, ethoxylated mono- & di-glycerides, sodium stearoyl lactylate], Dextrose, Soy Lecithin, Palm Oil, Beta-carotene [coloring], Whey, Tricalcium Phosphate, Calcium Peroxide, Calcium Sulfate, Calcium Propionate, Flavor), Eggs (Whole Eggs, Citric Acid), Sugar, Chocolate Chips (Chocolate, Sugar, Cocoa Butter, Milkfat, Nonfat Milk, Natural Flavor), Vanilla Extract (Vanilla Beans, Alcohol)
Contains: Egg, Milk, Soy, Wheat

APPLE CINNAMON BREAD PUDDING INGREDIENTS: Heavy Cream, Bread (Wheat Flour [enriched with barley malt, niacin, iron, thiamine mononitrate, riboflavin, folic acid], Water, High Fructose Corn Syrup, Yeast, contains 2% or less of: Soybean Oil, Salt, Dough Conditioners [mono- & di-glycerides, ethoxylated mono- & di-glycerides, sodium stearoyl lactylate], Dextrose, Soy Lecithin, Palm Oil, Beta-carotene [coloring], Whey, Tricalcium Phosphate, Calcium Peroxide, Calcium Sulfate, Calcium Propionate, Flavor), Eggs (Whole Eggs, Citric Acid), Sugar, Apples, Vanilla Extract (Vanilla Beans, Alcohol), Cinnamon.
Contains: Egg, Milk, Soy, Wheat