

NUTRITIONAL FACTS

EGG HARBOR

(10) 2.5 oz. Oyster Rockefeller

INGREDIENTS: OYSTER, CREAM CHEESE (PASTEURIZED CULTURED MILK AND CREAM, SALT, STABILIZERS [XANTHAN, CAROB BEAN, AND/OR GUAR GUM]), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT ENZYMES, MODIFIED CORN STARCH ADDED TO PREVENT CAKING, NATAMYCIN [A NATURAL MOLD INHIBITOR]), SPINACH, BACON (CURED WITH WATER, SALT, SUGAR, SODIUM ERYTHORBATE, SODIUM NITRITE, SMOKE FLAVORING, DEXTROSE, SODIUM PHOSPHATE, POTASSIUM CHLORIDE, SODIUM DIACETATE, FLAVORING, HONEY), KOSHER SALT, SUGAR, SPICES, HONEY GRANULES, ONION, GARLIC, SODIUM DIACETATE, CANOLA OIL, SILICON DIOXIDE, LEMON OIL. PARMESEAN CHEESE (PARMESAN CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES), CELLULOSE POWDER, POTASSIUM SORBATE TO PROTECT FLAVOR), BREAD CRUMB (Wheat Flour, sugar, yeast, salt)

Contains: Milk, Wheat

Nutrition Facts	
10 servings per container	
Serving Size 2.5 OZ (70g)	
Amount per serving	
Calories	184
% Daily Value *	
Total Fat 14g	22%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 52mg	17%
Sodium 508mg	21%
Total Carbohydrate 3g	1%
Dietary Fiber less than 1g	0%
Total Sugars 2g	
Includes 0g Added Sugars	1%
Protein 8g	
Vitamin D 0mg	0%
Calcium 93mg	7%
Iron 1.5mg	8%
Potassium 50mg	1%
* 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.	

PREPERATION: OVEN: COOK FROZEN. PRE-HEAT OVEN TO 450°F. PLACE OYSTERS IN SINGLE LAYER ON A BAKING SHEET. PLACE TRAY IN CENTER RACK OF OVEN AND BAKE FOR 15 MINUTES OR UNTIL AN INTERNAL TEMPERATURE OF 165°F IS REACHED.