

NUTRITIONAL FACTS

Oak Stove Kitchens Quiche – Ham and Potato

Nutrition Facts	
Serving Size 1 piece (95g)	
Servings Per Container 120	
Amount Per Serving	
Calories 260 Calories from Fat 190	
% Daily Value*	
Total Fat 21g	33%
Saturated Fat 12g	58%
Trans Fat 0g	
Cholesterol 105mg	35%
Sodium 370mg	15%
Total Carbohydrate 6g	2%
Dietary Fiber 0g	0%
Sugars 2g	
Protein 11g	
Vitamin A 15%	Vitamin C 2%
Calcium 20%	Iron 2%
* 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 (Contains less than 0.5% of: Carrageenan, Mono and Diglycerides, Polysorbate 80), HASH BROWN POTATO (Shredded Potatoes, Dextrose, Potassium Sorbate to protect flavor, Disodium Pyrophosphate to maintain color), DICED HAM WATER ADDED (Cured with: Water, Salt, Dextrose, Sodium Phosphate, Sodium Erythorbate, Smoke Flavoring, Sodium Nitrite), 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), SWISS CHEESE (Pasteurized Part Skim Milk, Cheese Culture, Salt and Enzymes), Powdered Cellulose To Prevent Caking), SHARP CHEDDAR CHEESE (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto (Color)), Potato Starch, Corn Starch, and Powdered Cellulose (Added to Prevent Caking)), QUICHE MIX (Cream Powder, Modified Corn Starch, Whey Powder, Egg White Powder, Whole Egg Powder, Salt, Turmeric Oleoresin, Extractives of Annatto and Natural Flavors), CHIVES, XANTHAN GUM, SALT, ONION POWDER, GARLIC POWDER, SPICE. BAKING RELEASE OIL (Non-GMO Canola Oil, Mineral Oil, RBD Coconut Oil, Sunflower Lecithin).

CONTAINS EGGS, MILK, TREE NUTS (Coconut)

NUTRITIONAL FACTS

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

CONTAINS EGGS, MILK

NUTRITIONAL FACTS

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

CONTAINS EGGS, MILK

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