

# NUTRITIONAL FACTS

OAK STOVE KITCHENS

## Bacon and cheese

Nutrition Facts	
Serving Size 1 piece (94g)	
Servings Per Container 60	
Amount Per Serving	
<b>Calories 610</b> Calories from Fat 430	
% Daily Value*	
<b>Total Fat</b> 48g	<b>74%</b>
<b>Saturated Fat</b> 22g	<b>112%</b>
<b>Trans Fat</b> 0g	
<b>Cholesterol</b> 215mg	<b>72%</b>
<b>Sodium</b> 1200mg	<b>50%</b>
<b>Total Carbohydrate</b> 5g	<b>2%</b>
<b>Dietary Fiber</b> 0g	<b>0%</b>
<b>Sugars</b> 2g	
<b>Protein</b> 41g	
<b>Vitamin A</b> 10%	<b>Vitamin C</b> 0%
<b>Calcium</b> 30%	<b>Iron</b> 8%
* 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), SWISS CHEESE ((Part-Skim Milk, Cheese Culture, Salt, Enzymes), Potato Starch and Powdered Cellulose added to prevent caking, Natamycin (A Natural Mold Inhibitor)), 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 and Enzymes), Powdered Cellulose (To prevent caking), Potassium Sorbate and Natamycin (preservatives), HALF & HALF (Milk, Cream, Contains less than 1% of: Sodium Citrate and Disodium Phosphate), PRECOOKED BACON TOPPINGS (Cured With Water, Salt, Sugar, Sodium Erythorbate, Sodium Nitrite. May Contain Dextrose, Flavoring, Honey, Dehydrated Pork Broth, Potassium Chloride, Potassium Lactate, Smoke Flavoring, Sodium Diacetate, Sodium Phosphate), QUICHE MIX (Cream Powder, Modi\_ed Corn Starch, Whey Powder, Egg White Powder, Whole Egg Powder, Salt, Turmeric Oleoresin, Extractives of Annatto and Natural Flavors), CHIVES, XANTHAN GUM, ONION POWDER, SALT, SPICES, GARLIC POWDER. BAKING SPRAY (Soybean Oil, Soy Lecithin. Contains Propellant to Dispense Spray).

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## Tomato and pesto

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>1 quiche (95g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>190</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 14g	<b>18%</b>
Saturated Fat 6g	<b>28%</b>
Trans Fat 0g	
<b>Cholesterol</b> 105mg	<b>35%</b>
<b>Sodium</b> 530mg	<b>23%</b>
<b>Total Carbohydrate</b> 8g	<b>3%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 8g	
Vitamin D 0.4mcg	2%
Calcium 150mg	10%
Iron 0.9mg	4%
Potassium 360mg	8%
<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:

HALF & HALF (Milk, Cream, Contains Less Than 1% of: Sodium Citrate, Disodium Phosphate), ROASTED TOMATOES (Tomatoes, Canola Oil, Garlic, Oregano, Salt), LIQUID WHOLE EGGS (Whole Eggs, Citric Acid (To Preserve Color), 0.15% Water Added As A Carrier For Citric Acid), BASIL PESTO (Basil, Canola Oil, Water, Parmesan Cheese (Pasteurized part-skim cows' milk, cheese culture, salt, enzymes), Dehydrated Garlic, Salt), MOZZARELLA CHEESE (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Potato Starch, Powdered Cellulose (Added to Prevent Caking)), PARMESAN CHEESE BLEND (Parmesan Made From Cow's Milk, Cheese Whey, Salt, Rennet, Corn Starch, Powdered Cellulose (to prevent caking)), MODIFIED CORN STARCH, BUTTERMILK POWDER (Pasteurized Milk), DRY WHOLE EGG (Pasteurized Whole Eggs, Corn Syrup, Salt), PASTEURIZED DRY EGG WHITES, SALT, ONION POWDER, GARLIC POWDER, XANTHAN GUM, SPICE

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