

NUTRITIONAL FACTS

OAK STOVE KITCHENS

Corn Souffle

Serving size	1 piece (83g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 18g	23%
Saturated Fat 10g	49%
Trans Fat 0g	
Cholesterol 60mg	21%
Sodium 210mg	9%
Total Carbohydrate 15g	5%
Dietary Fiber less than 1g	4%
Total Sugars 7g	
Includes 1g Added Sugars	2%
Protein 4g	
Vitamin D 0.6mcg	2%
Calcium 60mg	4%
Iron 0.3mg	0%
Potassium 130mg	2%
* 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.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Ingredients

HEAVY CREAM (Contains less than 0.5% of: Carrageenan, Mono and Diglycerides, Polysorbate 80), SHOE PEG CORN, WHOLE KERNEL CORN (Water, Sugar, Salt), SWEETENED CONDENSED MILK (Milk, Sugar), 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), CREAM CHEESE (Pasteurized Milk and Cream, Cheese Culture, Salt, Stabilizers (Carob Bean and/or Xanthan and/or Guar Gums)), PRE-COOKED YELLOW CORN MEAL ENRICHED (Niacin, Iron, Ribo_avin, Thiamin and Folic Acid). May contain traces of Soy. LIQUID WHOLE EGGS (Whole Eggs, Citric Acid [To Preserve Color], 0.15% Water Added as A Carrier for Citric Acid), BUTTER ALTERNATIVE (Liquid and Hydrogenated Soybean Oil, Contains less than 2% of Salt, Sun_ower Lecithin, Natural Flavor, Beta Carotene (Color)), MODIFIED CORN STARCH, SALT, XANTHAN GUM, SUGAR. BAKING RELEASE OIL (RBD Soybean Oil, Mineral Oil, Coconut Oil, Soy Lecithin and TBHQ).

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Potato Au Gratin

Serving size	1 piece (117g)
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Amount per serving	
Calories	210
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	% Daily Value*
Total Fat 13g	17%
Saturated Fat 8g	39%
TransFat 0g	
Cholesterol 40mg	13%
Sodium 420mg	18%
Total Carbohydrate 21g	8%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes less than 1g Added Sugars	2%
Protein 5g	
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Vitamin D 0.5mcg	2%
Calcium 110mg	8%
Iron 0.9mg	4%
Potassium 460mg	10%
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<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

SLICED POTATOES (Potatoes, Dextrose, Potassium Sorbate To Protect Flavor, Disodium Pyrophosphate To Maintain Color), HEAVY CREAM (Contains less than 0.5% of: Carrageenan, Mono and Diglycerides, Polysorbate 80), YELLOW CHEDDAR CHEESE (Colored Cheddar cheese [Pasteurized Milk, Cheese Cultures, Salt, Enzymes], And Annatto Color, Powdered Cellulose (To Prevent Caking), Potassium Sorbate and Natamycin (Preservatives)), GRUYERE TYPE CHEESE (Made from Cow's Milk, Culture, Salt), MODIFIED CORN STARCH, QUICHE MIX (Cream Powder, Modified Corn Starch, Whey Powder, Egg White Powder, Whole Egg Powder, Salt, Turmeric Oleoresin, Extractives of Annatto and Natural Flavors), SALT, METHYLCELLULOSE, SPICES, GARLIC POWDER. BAKING RELEASE OIL (RBD Soybean Oil, Mineral Oil, Coconut Oil, Soy Lecithin and TBHQ).

From frozen bake in a Pre-Heated 350 °F Convection Oven for 10 - 12 minutes or Until Done. "Do Not Defrosts."

Allergens

CONTAINS MILK, EGGS, SOYBEANS, TREE NUTS (Coconut)

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Mac and Cheese Bake

Serving size 1 piece (106g)	
Amount per serving	
Calories	190
<small>% Daily Value*</small>	
Total Fat 8g	10%
Saturated Fat 3.5g	17%
<i>Trans</i> Fat 0g	
Cholesterol 15mg	5%
Sodium 250mg	11%
Total Carbohydrate 35g	13%
Dietary Fiber 2g	9%
Total Sugars 17g	
Includes 16g Added Sugars	32%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 0.6mg	4%
Potassium 260mg	6%
<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

ELBOW MACARONI (Water, Enriched Durum Semolina (Durum Semolina Wheat Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid)), HEAVY CREAM (Contains less than 0.5% of: Carrageenan, Mono and Diglycerides, Polysorbate 80), MILD WHITE CHEDDAR CHEESE (Pasteurized Milk, Cheese Culture, Salt, Enzymes), MONTEREY JACK CHEESE (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Potato Starch, Powdered Cellulose Added To Prevent Caking), LIQUID WHOLE EGGS (Whole Eggs, Citric Acid (To Preserve Color), 0.15% Water Added As A Carrier For Citric Acid), SHARP CHEDDAR CHEESE (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto (Color)), Potato Starch, Corn Starch, and Powdered Cellulose (Added to Prevent Caking)), HALF & HALF (Milk, Cream, Contains less than 1% of: Sodium Citrate and Disodium Phosphate), YELLOW CHEDDAR CHEESE (Colored Cheddar cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), And Annatto Color, Powdered Cellulose (To Prevent Caking), Potassium Sorbate and Natamycin (Preservatives)), MOZZARELLA CHEESE (Cultured Pasteurized Milk, Salt, Enzymes, Modified Food Starch, Powdered Cellulose (to prevent caking), Potassium Sorbate and Natamycin (Preservatives)), MODIFIED CORN STARCH, QUICHE MIX (Cream Powder, Modified Corn Starch, Whey Powder, Egg White Powder, Whole Egg Powder, Salt, Turmeric Oleoresin, Extractives of Annatto and Natural Flavors), METHYLCELLULOSE, SALT, SPICES, ONION POWDER, GARLIC POWDER, XANTHAN GUM. BAKING RELEASE OIL (Non-GMO Canola Oil, Mineral Oil, RBD Coconut Oil, Sunflower Lecithin).

From Frozen bake in a Pre-Heated 300 °F Convection Oven for 8 - 10 minutes or until Internal Temperature Reaches 165 °F as Measured by Use of a Thermometer.

Allergens

CONTAINS EGGS, MILK, TREE NUTS (Coconut), WHEAT

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