

Oak Stove Kitchens Asparagus, Pepper, and Cheese Quiche

Nutrition Facts	
Serv Size 1 quiche (95g)	
Servings 8	
Amount Per Serving	
Calories 160	Fat Cal 110
% Daily Value*	
Total Fat 12g	18%
Sat Fat 5g	27%
Trans Fat 0g	
Cholest 115mg	38%
Sodium 280mg	12%
Total Carb 3g	1%
Fiber 0g	0%
Sugars 2g	
Protein 9g	
Vitamin A 4% • Vitamin C 0%	
Calcium 15% • Iron 10%	
* Percent Daily Values are based on a 2,000 calorie diet.	

INGREDIENTS: HALF & HALF (Milk, Cream, Contains Less Than 1% of: Sodium Citrate, Disodium Phosphate), CHICKEN SAUSAGE (Chicken, Water, Salt, Spices, Cayenne Pepper, Natural Flavors), 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)), SWISS CHEESE (Cultured Pasteurized Milk, Salt, Enzymes), Anticake (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, SALT, CHIVES, XANTHAN GUM, ONION POWDER, SPICES, GARLIC POWDER

CONTAINS EGGS, MILK

COOKING INSTRUCTIONS: Conventional Oven: From frozen, remove plastic from tray, remove product from tray, and arrange product on lightly greased cooking sheet. Bake in a pre-heated 350 °F conventional oven for 20-22 minutes or until internal temperature reaches 165 °F as measured by Use of a thermometer. Microwave: Thaw completely under refrigeration then heat on high heat 1 to 1.5 minutes or until Internal temperature reaches 165 °F as measured by use of a thermometer. Store any remaining quiche in a freezer grade plastic bag to retain quality. Oven temperature and times may vary due to calibration settings. Adjustments to cooking preparations may be needed at user discretion.

Oak Stove Kitchens Asparagus, Pepper, and Cheese Quiche

Nutrition Facts	
8 servings per container	
Serving size	1 piece (99g)
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 19g	24%
Saturated Fat 11g	53%
Trans Fat 0g	
Cholesterol 115mg	38%
Sodium 220mg	10%
Total Carbohydrate 5g	2%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D 0.4mcg	2%
Calcium 260mg	20%
Iron 2.7mg	15%
Potassium 110mg	2%
<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: HEAVY CREAM (Heavy Cream, Milk, Contains less than 0.5% of: Carrageenan, Mono and Diglycerides, Polysorbate 80), GRUYERE TYPE CHEESE (Made from Cow's Milk, Culture, Salt), 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), ASPARAGUS, SWEET PEPPERS (Cherry Red Peppers, Water, Sugar, Vinegar, Salt, Ascorbic Acid, Calcium Chloride), QUICHE MIX (Cream Powder, Modified Corn Starch, Whey Powder, Egg White Powder, Whole Egg Powder, Salt, Turmeric Oleoresin, Extractives of Annatto and Natural Flavors), MODIFIED CORN STARCH, CHIVES, XANTHAN GUM, ONION POWDER, SALT, SPICES, GARLIC POWDER

CONTAINS EGGS, MILK

COOKING INSTRUCTIONS: Conventional Oven: From frozen, remove plastic from tray, remove product from tray, and arrange product on lightly greased cooking sheet. Bake in a pre-heated 350 °F conventional oven for 20-22 minutes or until internal temperature reaches 165 °F as measured by Use of a thermometer. Microwave: Thaw completely under refrigeration then heat on high heat 1 to 1.5 minutes or until Internal temperature reaches 165 °F as measured by use of a thermometer. Store any remaining quiche in a freezer grade plastic bag to retain quality. Oven temperature and times may vary due to calibration settings. Adjustments to cooking preparations may be needed at user discretion.