

# NUTRITIONAL FACTS

OAK STOVE KITCHENS

<b>Nutrition Facts</b>	
4 servings per container	
<b>Serving size</b>	<b>2 pieces (85g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>160</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 11g	<b>15%</b>
Saturated Fat 6g	<b>28%</b>
Trans Fat 0g	
<b>Cholesterol</b> 50mg	<b>17%</b>
<b>Sodium</b> 440mg	<b>19%</b>
<b>Total Carbohydrate</b> 9g	<b>3%</b>
Dietary Fiber <1g	<b>3%</b>
Total Sugars <1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 5g	
Calcium 70mg	6%
Potassium 220mg	4%
Not a significant source of vitamin D and iron.	
* 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:

HASH BROWN POTATOES (Potatoes, Dextrose, Disodium Pyrophosphate (Added to Maintain Color), Potassium Sorbate (Added to Maintain Freshness)), HEAVY CREAM, HALF & HALF (Milk, Cream, Contains Less Than 1% of: Sodium Citrate, Disodium Phosphate), SCRAMBLED EGGS (Pasteurized Whole Egg, Non-Fat Dry Milk, Soybean Oil, Contains 2% or less of: Modified Food Starch, Salt, Xanthan Gum, Citric Acid, Butter Flavoring (Maltodextrin, Modified Butter Oil, Salt, Dehydrated Butter, Guar Gum, Sodium Bicarbonate, Annatto and Turmeric (for color)), Spice), CHEDDAR CHEESE (Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Annatto Coloring, Potato Starch, Corn Starch, Dextrose, Calcium Sulfate), MOZZARELLA CHEESE (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Potato Starch, Powdered Cellulose (Added to Prevent Caking)), SPINACH, ROASTED RED BELL PEPPERS, GREEN ONIONS, YEAST EXTRACT, QUICHE MIX (Cream, Modified Corn Starch, Whey, Egg Whites, Whole Egg, Salt, less than 2% of Natural Flavors, Turmeric Oleoresin (for color), Natural Extractives of Annatto Seed), MODIFIED CORN STARCH, SALT, METHYLCELLULOSE, SPICES, GARLIC POWDER

## CONTAINS EGGS, MILK, SOYBEANS

*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 7-9*

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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.

<b>Nutrition Facts</b>	
Serv Size 2 pieces (85g)	
Servings 4	
<b>Amount Per Serving</b>	
<b>Calories</b> 170	<b>Fat Cal</b> 110
% Daily Value*	
<b>Total Fat</b> 13g	<b>19%</b>
Sat Fat 6g	<b>31%</b>
Trans Fat 0g	
<b>Cholest</b> 60mg	<b>19%</b>
<b>Sodium</b> 520mg	<b>22%</b>
<b>Potassium</b> 220mg	<b>6%</b>
<b>Total Carb</b> 9g	<b>3%</b>
Fiber <1g	<b>3%</b>
Sugars <1g	
<b>Protein</b> 5g	
Vitamin A 2% • Vitamin C 4%	
Calcium 6% • Vitamin D 0%	
Not a significant source of iron.	
* Percent Daily Values are based on a 2,000 calorie diet.	

### INGREDIENTS:

HASH BROWN POTATOES (Potatoes, Dextrose, Disodium Pyrophosphate (Added to Maintain Color), Potassium Sorbate (Added to Maintain Freshness)), HEAVY CREAM, HALF & HALF (Milk, Cream, Contains Less Than 1% of: Sodium Citrate, Disodium Phosphate), SCRAMBLED EGGS (Pasteurized Whole Egg, Non-Fat Dry Milk, Soybean Oil, Contains 2% or less of: Modified Food Starch, Salt, Xanthan Gum, Citric Acid, Butter Flavoring (Maltodextrin, Modified Butter Oil, Salt, Dehydrated Butter, Guar Gum, Sodium Bicarbonate, Annatto and Turmeric (for color)), Spice), CHEDDAR CHEESE (Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Annatto Coloring, Potato Starch, Corn Starch, Dextrose, Calcium Sulfate), MOZZARELLA CHEESE (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Potato Starch, Powdered Cellulose (Added to Prevent Caking)), 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), GREEN ONIONS, YEAST EXTRACT, QUICHE MIX (Cream, Modified Corn Starch, Whey, Egg Whites, Whole Egg, Salt, less than 2% of Natural Flavors, Turmeric Oleoresin (for color), Natural Extractives of Annatto Seed), MODIFIED CORN STARCH, SALT, METHYLCELLULOSE, GARLIC POWDER

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**CONTAINS EGGS, MILK, SOYBEANS**

*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 7-9 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.*