

NUTRITIONAL FACTS

Oak Stove Kitchens Quiche – Veggie and cheese

OS9738 VEGETABLE CRUSTLESS QUICHE

Name	Units	Average	NFP Average	
=====	=====	=====	=====	=====
Calories	cal	124.435	120	
Sat Fat Calories	cal	36.651	35	
Total Fat	g	9.464	9	12 %DV^
Saturated Fat	g	4.072	4	20 %DV
Trans Fatty Acids	g	0.006	0	
Cholesterol	mg	95.818	95	32 %DV
Sodium	mg	267.604	270	12 %DV
Total Carbohydrate	g	3.797	4	1 %DV
(Net) Dietary Fiber	g	0.335	0	0 %DV
n-a Fiber	g	0.000		
Total Sugars	g	1.854	2	
Added Sugars	g	0.375	0	0 %DV
Protein	g	5.667	6	
Vitamin D	mcg	0.398	15.9	0 %DV
Calcium	mg	98.599	100	8 %DV
Iron	mg	1.789	1.8	10 %DV
Potassium	mg	140.056	140	2 %DV
Vitamin A (IU)	IU	141.881		
Vitamin A (RE)	RE	--		
Vitamin C	mg	6.213	6	6 %DV

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), MUSHROOMS, AGED CHEDDAR CHEESE (Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), Anticake (Potato Starch, Powdered Cellulose)), MONTEREY JACK CHEESE (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Potato Starch, Powdered Cellulose Added To Prevent Caking), ROASTED GREEN & RED BELL PEPPERS, ROASTED YELLOW ONION, BUTTERMILK POWDER (Pasteurized Milk), MODIFIED CORN STARCH, DRIED WHOLE EGGS (Pasteurized Whole Eggs, Sodium Silicoaluminate (Added as an Anticaking Agent)), PASTEURIZED DRY EGG WHITES, SALT, CHIVES, XANTHAN GUM, GARLIC POWDER, ONION POWDER, SPICES

CONTAINS EGGS, MILK

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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

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