



Nourishment. *Delivered.*

FRZ000119

OMELET WITH CHEESE

Cheese Omelet, served with roasted parsley potatoes and fruited granola.

Nutritionally balanced, restaurant-inspired meals designed for home delivery programs.



NUTRITION INFORMATION

Serving Size: 1 meal (278g)	Trans Fat: 0g
Amount per serving:	Cholesterol: 245mg
Calories: 340	Sodium: 400mg
Calories from Fat: 99	Total Carbohydrate: 45g
Total Fat: 11g	Dietary Fiber: 5g
Saturated Fat: 2.5g	Protein: 11g

Exclusively provided by



Allergens: Contains soy, milk, eggs

SPECIFICATIONS

Product Code: FRZ000119
UPC: 735108507150
Units per Case: 20
Cases per Pallet: 32
Gross Case Weight: 19 lb
Net Case Weight: 17 lb
Unit Weight: 0.85 lb
Cube: 1.3 cubic ft
Dimensions: 17 1/2"L x 13 1/2"W x 9 1/2"H
Pallet: Tiers: 8 High: 4



PREP INSTRUCTIONS

Heat meals to a minimum internal temperature of 165 degrees F for 15 seconds.

Conventional Oven: Cook at 300 degrees F for approximately 30-35 minutes.

Microwave: Cook on HIGH for 6-8 minutes, turn halfway through heating cycle.

NOTE: Oven & Microwave cook times may vary - modify cook times accordingly to ensure thorough cooking. For best results, verify temperatures using a food thermometer.

Ingredients

FOLDED CHEESE OMELET (Patty: Whole Eggs, Whey, Dried Cream Cheese [Cream Cheese {Pasteurized Milk And Cream, Cheese Culture, Salt, Carob Bean Gum}, Nonfat Dried Milk, Sodium Phosphate], Soybean Oil, Modified Food Starch, Salt, Xanthan Gum, Citric Acid, Guar Gum, White Pepper, Natural Butter Flavor [Sunflower Oil, Natural Flavors, Medium Chain Triglycerides], Filling: Pasteurized Process Cheddar Cheese [Cheddar Cheese {Milk, Cheese Culture, Salt, Enzymes}, Water, Milkfat, Sodium Phosphate, Sodium Hexametaphosphate, Salt, Apocarotenal {Color}], PARSLEY POTATOES (Diced Skin-On Potatoes [Potatoes, Vegetable Oil {Contains One Or More Of The Following Oils: Canola, Soybean, Cottonseed, Sunflower, Corn}, Contains 2% Or Less Of: Dextrose, Sodium Acid Pyrophosphate Added To Maintain Natural Color], Parsley), FRUITED GRANOLA MIX (Water, Apple Chips [Apples, Water], Dried Cranberries [Dried Cranberries, Sugar, Sunflower Oil], Apple Juice [Concentrated Apple Juice, Ascorbic Acid {Vitamin C}], Granola, THIXX [Modified Corn Starch, Maltodextrin, Sunflower Oil], Cinnamon)

