



Nourishment. *Delivered.*

FRZ000120

WESTERN-STYLE OMELET

Western-Style Omelet, served with potatoes O'Brien and strawberry applesauce.

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

NUTRITION INFORMATION



Serving Size: 1 meal (334g)	Trans Fat: 0g
Amount per serving:	Cholesterol: 245mg
Calories: 380	Sodium: 450mg
Calories from Fat: 135	Total Carbohydrate: 46g
Total Fat: 15g	Dietary Fiber: 5g
Saturated Fat: 2.5g	Protein: 13g

Exclusively provided by



Allergens: Contains soy, milk, eggs

SPECIFICATIONS

Product Code: FRZ000120
UPC: 735108507204
Units per Case: 20
Cases per Pallet: 32
Gross Case Weight: 21 lb
Net Case Weight: 19 lb
Unit Weight: 0.95 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}], SOUTHWEST STYLE SAUCE (Diced Tomatoes [Vine Ripened Tomatoes, Tomato Juice, Salt, Citric Acid], Water, Tomato Puree [Tomato Concentrate Made From Red Ripe Tomatoes, Citric Acid], Crushed Tomatoes [Crushed Tomatoes, Tomato Puree, Salt, Citric Acid, Calcium Chloride], Diced Green Peppers [Bell Peppers, Water, Citric Acid, Calcium Chloride], Turkey Ham [Turkey Thigh, Water, Salt, Less Than 2%: Modified Food Starch, Sugar, Vinegar, Sodium Phosphates, Sodium Nitrite, Smoke Flavoring, Sodium Erythorbate], Diced Onion, Granulated Garlic, Beef Base [Roasted Beef And Beef Broth, Sugar, Autolyzed Yeast Extract, Corn Oil, Flavorings, Hydrolyzed Soy Protein, Potassium Chloride, Caramel Color, Maltodextrin, Tomato Powder, Disodium Inosinate, Disodium Guanylate, Beef Extract, Corn Syrup Solids, Salt, Thiamine Hydrochloride], Cumin, White Pepper, Oregano), POTATOES O'BRIEN (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], Diced Green Peppers [Bell Peppers, Water, Citric Acid, Calcium Chloride], Dehydrated Onions), STRAWBERRY APPLESAUCE CRISP (Applesauce [Apples, Water, Erythorbic Acid To Maintain Color], Water, Granola, Gelatin Mix [Sugar, Dextrose, Gelatin, Formic Acid, Sodium Phosphate, Sodium Citrate, Malic Acid, Citric Acid, Natural And Artificial Flavor, Red 40, Ascorbic Acid {Vitamin C}, Red 40 Lake])

