



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

|                                    |                                |
|------------------------------------|--------------------------------|
| <b>Serving Size:</b> 1 meal (278g) | <b>Trans Fat:</b> <1g          |
| <b>Amount per serving:</b>         | <b>Cholesterol:</b> 243mg      |
| <b>Calories:</b> 335               | <b>Sodium:</b> 402mg           |
| <b>Calories from Fat:</b> 99       | <b>Total Carbohydrate:</b> 45g |
| <b>Total Fat:</b> 11g              | <b>Dietary Fiber:</b> 5g       |
| <b>Saturated Fat:</b> 2g           | <b>Protein:</b> 11g            |

Exclusively provided by



**Allergens:** Contains soy, milk, eggs, sulfites

### 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 30-45 minutes.

**Microwave:** Cook on HIGH for 5-10 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

**CHEESE OMELET:** Egg whites, egg yolks, milk, American processed cheese, water, salt, xanthan gum, citric acid. **POTATOES:** potatoes (vegetable oil, sodium acid pyrophosphate, dextrose), paprika, parsley, **FRUITED GRANOLA MIX:** water for recipe, apple chips unsweet, juice apple concentrate, cranberry dried, granola(whole oats, whole grain, brown sugar, corn syrup, rice sugar, almonds, partially hydrogenated cottonseed and/or soybean oil glycerin, oil). **Butter Flavor Seasoning:** butter flavored seasoning(water, natural and artificial flavoring compounds, propylene glycol, xanthan gum, FD & C certified color including yellow 5.

