



Nourishment. *Delivered.*

FRZ000122

# COUNTRY EGG SKILLET

Country egg skillet, served with potatoes, mushrooms, spinach, & tomatoes and cranberry apples.

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



## NUTRITION INFORMATION

<b>Serving Size:</b> 1 meal (326g)	<b>Trans Fat:</b> <1g
<b>Amount per serving:</b>	<b>Cholesterol:</b> 398mg
<b>Calories:</b> 403	<b>Sodium:</b> 567mg
<b>Calories from Fat:</b> 162	<b>Total Carbohydrate:</b> 49g
<b>Total Fat:</b> 18g	<b>Dietary Fiber:</b> 5g
<b>Saturated Fat:</b> 5g	<b>Protein:</b> 18g

Exclusively provided by



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

### SPECIFICATIONS

**Product Code:** FRZ000122  
**UPC:** 735108507402  
**Units per Case:** 20  
**Cases per Pallet:** 32  
**Gross Case Weight:** 20 lb  
**Net Case Weight:** 18 lb  
**Unit Weight:** .9 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

COUNTRY EGG SKILLET (Scrambled Eggs [Whole eggs, Reconstituted Dry Whole Milk, Soybean Oil, Salt, Xanthan Gum, Citric Acid, Black Pepper Extract, Polysorbate 80], Diced Skin-on Potatoes [Potatoes, Vegetable Oil {Soybean, Canola, Corn, and/or Sunflower Oils}, Dextrose, DiSodium Dihydrogen Pyrophosphate {to maintain natural color}], Diced Tomatoes [Vine-Ripened Tomatoes, Tomato Juice, Less Than 2% of Salt, Citric acid, calcium chloride], Spinach, Onions, Mushrooms [Mushrooms, Water, Salt], Pasteurized Process Cheese Food [Cheese: Cheddar and Colby Cheese {Milk, Cheese Culture, Salt, Enzymes}, Water, Whey Protein Concentrate, Skim Milk, Whey, Sodium citrate, Milkfat, Salt, Sodium Phosphate, Sorbic acid as a preservative, Apocarotenal {color}, with Potato Starch and Cellulose Powder to Prevent Caking], CRANBERRY APPLES (Water, Diced Apples [Apples, Water], Whole Cranberries [Cranberries, High Fructose Corn Syrup, Corn Syrup, Water])

