

ITALIAN FRITTATA



Nutrition Facts

Serving Size: 3 oz (85g)
Servings: 1

Amount Per Serving		Calories from Fat 100	
		% Daily Value *	
Calories	160		
Total Fat	11g	16%	
Saturated Fat	1.5g	8%	
Trans Fat	0g		
Cholesterol	150mg	49%	
Sodium	370mg	15%	
Total Carbohydrates	12g	4%	
Dietary Fiber	1g	6%	
Sugars	less than 1g		
Protein	5g		
Vitamin A	4%	Vitamin C	20%
Calcium	4%	Iron	6%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 ■ Carbohydrate 4 ■ Protein 4

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Components: 1M/MA, 1/4 Vegetable | Portion Size: 1 frittata, 3oz | Shelf Life: 12 months frozen

INGREDIENTS

Potato, Eggs, Canola Oil, Salt & Granulated Onion.

HEATING INSTRUCTIONS

Conventional Oven 375: Apply cooking spray to sheet pan. Place on pan and cook for 10-15 min; to an internal temperature of 160 degrees.

ALLERGIES

Contains Egg.

CASE SIZE

Net Weight - 18.75 lbs / 100 (3 oz portions)



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