

# NUTRITIONAL FACTS

OAK STOVE KITCHENS

Flavor:Asparagus, sweet pepper and cheese

<b>Nutrition Facts</b>	
60 servings per container	
<b>Serving size</b>	<b>1 piece (94g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>250</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 21g	<b>27%</b>
Saturated Fat 12g	<b>62%</b>
Trans Fat 0g	
<b>Cholesterol</b> 110mg	<b>37%</b>
<b>Sodium</b> 270mg	<b>12%</b>
<b>Total Carbohydrate</b> 5g	<b>2%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 11g	
Vitamin D 0.8mcg	<b>4%</b>
Calcium 280mg	<b>20%</b>
Iron 0.6mg	<b>4%</b>
Potassium 110mg	<b>2%</b>
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

**INGREDIENTS:** HEAVY CREAM (Contains less than 0.5% of: Carrageenan, Mono and Diglycerides, Polysorbate 80), GRUYERE TYPE CHEESE (Made from Cow's Milk, Culture, Salt), LIQUID WHOLE EGGS (Whole Eggs, Citric Acid (To Preserve Color), 0.15% Water Added As A Carrier For Citric Acid), MONTEREY JACK CHEESE (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Potato Starch, Powdered Cellulose Added To Prevent Caking), HALF & HALF (Milk, Cream, Contains less than 1% of: Sodium Citrate and Disodium Phosphate), ASPARAGUS, SWEET PEPPERS (Cherry Red Peppers, Water, Sugar, Vinegar, Salt, Ascorbic Acid, Calcium Chloride), QUICHE MIX (Cream Powder, Modified Corn Starch, Whey Powder, Egg White Powder, Whole Egg Powder, Salt, Turmeric Oleoresin, Extractives of Annatto and Natural Flavors), MODIFIED CORN STARCH, CHIVES, XANTHAN GUM, ONION POWDER, SALT, SPICES, GARLIC POWDER. BAKING RELEASE OIL (Non-GMO Canola Oil, Mineral Oil, RBD Coconut Oil, Sunflower Lecithin).

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## Flavor: Ham, potato, and cheese

Name	Units	Average	NFP Avg
Calories	cal	192.285	190
Fat Calories	cal	142.282	140
Sat Fat Calories	cal	76.599	80
Total Fat	g	15.809	16
Saturated Fat	g	8.511	9
Trans Fatty Acids	g	0.316	0
Cholesterol	mg	92.135	90
Sodium	mg	227.801	230
Potassium	mg	118.062	120
Total Carbohydrate	g	5.811	6
Dietary Fiber	g	0.357	0
n-a Fiber	g	0.000	
n-a Soluble Fiber	g	0.000	
n-a Insoluble Fiber	g	0.000	
Sugars	g	1.723	2
Added Sugars	g	0.149	
Protein	g	7.283	7
Vitamin A (IU)	IU	513.487	10
Vitamin A (RAE)	mcg	--	
Vitamin A (RE)	RE	65.175	
Vitamin C	mg	1.245	2
Calcium	mg	120.224	10
Iron	mg	2.126	10
Vitamin D	IU	27.357	6
Vitamin E (RRR)	mg	--	

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Vitamin E (all rac)	mg	--
Vitamin E (active)	mg	--
Folate DFE	mcg	--
Folic Acid	mcg	--
Fluoride	mg	--
Choline	mg	--

**INGREDIENTS:** HEAVY CREAM (Contains less than 0.5% of: Carrageenan, Mono and Diglycerides, Polysorbate 80), HASH BROWN POTATO (Shredded Potatoes, Dextrose, Potassium Sorbate to protect flavor, Disodium Pyrophosphate to maintain color), DICED HAM WATER ADDED (Cured with: Water, Salt, Dextrose, Sodium Phosphate, Sodium Erythorbate, Smoke Flavoring, Sodium Nitrite), LIQUID WHOLE EGGS (Whole Eggs, Citric Acid (To Preserve Color), 0.15% Water Added As A Carrier For Citric Acid), MONTEREY JACK CHEESE (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Potato Starch, Powdered Cellulose Added To Prevent Caking), HALF & HALF (Milk, Cream, Contains less than 1% of: Sodium Citrate and Disodium Phosphate), SWISS CHEESE (Pasteurized Part Skim Milk, Cheese Culture, Salt and Enzymes), Powdered Cellulose To Prevent Caking), SHARP CHEDDAR CHEESE (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto (Color)), Potato Starch, Corn Starch, and Powdered Cellulose (Added to Prevent Caking)), QUICHE MIX (Cream Powder, Modified Corn Starch, Whey Powder, Egg White Powder, Whole Egg Powder, Salt, Turmeric Oleoresin, Extractives of Annatto and Natural Flavors), CHIVES, XANTHAN GUM, SALT, ONION POWDER, GARLIC POWDER, SPICE. BAKING RELEASE OIL (Non-GMO Canola Oil, Mineral Oil, RBD Coconut Oil, Sunflower Lecithin).

**CONTAINS EGGS, MILK, TREE NUTS (Coconut)**

Ingredients: