

Skillet Omelet

Product Information



W code: W273
Cargill: #40176
Serving/case: 225
Net Weight: 29.53lb

Crediting Information per Serving:

Serving Size: 2.1 oz
Meat or M/A: 2 oz
Grain: -
Vegetables: -
Fruit: -
CN Label: N/A*
*Obtain from product package

Nutrition Facts

Serving Size: 2.1 oz.

Amount Per Serving

Calories 110 Calories from Fat

Total Fat 8g

Sat. Fat 3.5g

Trans Fat 0g

Cholesterol 165mg

Sodium 230mg

Carbohydrates 1g

Dietary Fiber 0g

Sugars 0g

Protein 8g

Vitamin D 4%

Calcium 8%

Iron 4%

Potassium 2%

Preparation Instructions:

Thaw: Quick thaw (24 hours): Unpack and place on sheet pans in refrigerator.

Prep: Place on sheet pan with liner or non-stick spray. Cover with foil.

Heat: 350 degree F for 10 minutes.
If frozen: Increase heat time to 12 minutes.

Ingredients:

Whole eggs, Colby Cheese [Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto (color)], Water, Soybean Oil, Whole Milk Powder, Modified Food Starch, Salt, Xanthan Gum, Citric Acid

ALLERGENS: Egg, Milk.