



A CARANDO GOURMET BRAND.

Spinach & Tomato Quiche

Country Chef

Item # 10914CC

Case Pack: 8/24 oz Quiches

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Nutrition Facts

Serving Size 1/5 quiche (136g/4.9oz)	
Servings per container 5	
Amount per serving	
Calories 380	
Calories from Fat 230	
Total Fat 26g	40%
Saturated Fat 14g	70%
Trans Fat 0	
Cholesterol 155mg	52%
Sodium 450mg	19%
Total Carbohydrate 25g	8%
Dietary Fiber 1g	5%
Sugars 4g	
Protein 12g	
Vitamin A 35% Vitamin C 10%	
Calcium 25% Iron 10%	
•Percent Daily Values are based on a 2,000 calorie diet.	

INGREDIENTS: Light Cream, Eggs, White Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Potato Starch, Corn Starch, Dextrose, Calcium Sulfate), Spinach, Diced Tomatoes (Fresh Vine-Ripened California Tomatoes, Tomato Juice, Salt, Calcium Chloride, Citric Acid), Milk, Modified Corn Starch, Milk Powder, Salt, Garlic, Spices. **CRUST:** Wheat Flour, Palm Oil, Water, Wheat Flour(Wheat Flour, Malted Barley Flour), Honey, Sugar, Sea Salt, Dough Soft(Malted Barley Flour, Salt).
CONTAINS: WHEAT, MILK, EGGS.

HEATING: Preheat oven to 350° F. Remove plastic over wrap and place sheet pan on middle oven rack. Heat for 35 minutes. For Food Safety, Heat to Internal Temperature of 160°F, Prior to Consumption.

CASE PACK: 8/24 oz Quiches
CASE NET WT. 12 lb.
CASE: 18.125L x 9.125W x 5.25H
CASE CUBE: 0.502
PALLET: 10 TIE 8 HIGH 80 CASES
HANDLING: KEEP FROZEN
SHELF LIFE: 18 months from production



The Carando Gourmet Family of Fine Foods.

DATE CODE TRANSLATION

Lot Code is Julian Date.
Example XXX XXX = 365 000
1st 3 numbers = day of the year, last 3 numbers = year
Lot Code is on Box End & Product Unit
Best By Date on Box End