



A CARANDO GOURMET BRAND.

# Broccoli & Cheddar Quiche

## Country Chef

Item # 10915CC

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 390

Calories from Fat 240

Total Fat 27g

### % Daily Value\*

Saturated Fat 14g

41%

Trans Fat 0

71%

Cholesterol 165mg

56%

Sodium 590mg

25%

Total Carbohydrate 26g

9%

Dietary Fiber 1g

5%

Sugars 4g

Protein 12g

Vitamin A 15% Vitamin C 15%

Calcium 20% Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: Light Cream, Eggs, Broccoli, Yellow Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Coloring, Potato Starch, Corn Starch, Dextrose, Calcium Sulfate), Milk, Modified Corn Starch, Salt, Garlic, Milk Powder, 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

PREHEAT OVEN TO 350°F. Remove plastic over wrap and place on 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

1<sup>st</sup> 3 numbers = day of the year, last 3 numbers = year

Lot Code is on Box End & Product Unit

Best By Date on Box End