



GFS Precooked Egg Omelets, with Cheddar Cheese, Frozen, 3.5 Ounce, 65 Ct Package, 1/Case



Item Number: 462489 

These precooked, hand-folded omelets are made from whole eggs with a butter flavor and cheddar cheese filling.

- Precooked for reduced labor and quick preparation

1/Case

\$33.76
\$0.52/ea

QTY

Nutrition

Based On:

Rounding:

Ingredients

Egg Patty: Whole Eggs, Water, Dried Cream Cheese Product (Cream Cheese (Pasteurized Milk and Cream, Cheese Culture, Salt, Carob Bean Gum), Nonfat Dry Milk, and Sodium Phosphate), Butter Flavored Oil (Partially Hydrogenated Soybean Oil, Salt, Soybean Lecithin, Artificial Flavors, Butter Oil, Vitamin A Palmitate, Beta Carotene added for color), Soybean Oil, Whey Solids, Nonfat Dry Milk, Modified Food Starch, Salt, Xanthan Gum, Liquid Pepper Extract, and Citric Acid. Filling: Pasteurized Process Cheddar Cheese (cheddar cheese (milk, cheese culture, salt, enzymes), water, milkfat, sodium phosphate, sodium hexametaphosphate, salt, artificial color). COMMON ALLERGENS PRESENT: Egg, Soy, and Milk. Nutrition and Ingredient statement updated November 2014. The ingredient and nutrition information provided here reflects the current information provided to GFS by its suppliers. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product.

Nutrition Facts

Serving Size 1 each (99.22g)	
Amount Per Serving	
Calories 210	Calories From Fat 147.4
% Daily Value *	
Fat 16g	25%
Saturated Fat 7g	33%
Trans Fat 0.5g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 260mg	86%
Sodium 530mg	22%
Potassium 150mg	4%
Carbohydrates 4g	1%
Fiber 0g	1%
Sugar 2g	
Protein 12g	24%
Vitamin A 10% Vitamin C 0% Calcium 15% Iron 6%	
* Based on a 2000 calories diet	
Calories Per Gram:	
Fat: 9 Carbohydrates: 4 Protein: 4	

School Equivalents:

Child Nutrition Label	Yes
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Water Soluble Vitamins:

Thiamin	n/a
Riboflavin	n/a
Niacin B3	n/a
Pantothenic Acid	n/a
Folic Acid	n/a
Vitamin B6	n/a
Vitamin B12	n/a
Vitamin C	0.13 mg

Updated For New Final Rule:

Meat/Meat Alternative	3 oz
Grain/Breads	0 oz eq
Fruit	0 cup
Red/Orange	0 cup
Dark Green	0 cup
Starchy	0 cup
Beans/Peas	0 cup
Other	0 cup
Notes:	n/a

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	593.95 IU

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	158 mg
Iron	1.15 mg
Manganese	n/a
Iodine	n/a

Additional Images

