



## Nutrition Facts

84 servings per container

**Serving size** 85.00 GM ( 1 omelet )  
(85g)

**Amount per serving**  
**Calories** 60

**% Daily Value\***

**Total Fat** 0g **0%**

Saturated Fat 0g **0%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 150mg **7%**

**Total Carbohydrate** 3g **1%**

Dietary Fiber 0g **0%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

**Protein** 10g

Vitamin D 0mcg 0% • Calcium 8mg 0%

Iron 0mg 0% • Potassium 149mg 4%

\* 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.

**Nutritional Claims:** Gluten Free, Vegetarian, Kosher  
YES-OU ORTHODOX UNION

### Ingredients

Egg Whites, Water, Modified Food Starch, Natural Flavors, Color (Includes Beta Carotene), Guar Gum, Xanthan Gum.

### Case Specifications

GTIN	10746025152078	Case Gross Weight	17.27 LB
UPC		Case Net Weight	15.75 LB
Pack Size	1 / 15.75LB	Case L,W,H	16 IN, 10 IN, 8.38 IN
Shelf Life	365 Days	Cube	0.78 CF
Tie x High	12 x 9		

### Preparation and Cooking

**Bake:** Preheat Temp 350°F; Time from Frozen 35 - 40 min; Time from Thawed 23 - 28 min; Preheat oven. Place a single layer of product in a full-size steamer pan sprayed with non-stick cooking spray; cover pan tightly with foil. Bake until thoroughly heated.

**Convection:** Preheat Temp 250°F; Time from Frozen 19 - 22 min; Time from Thawed 13 - 16 min; Preheat oven. Place a single layer of product in full-size steamer pan sprayed with non-stick cooking spray; do not cover. Bake until thoroughly heated.

**Griddle Fry:** Preheat Temp 300°F; Time from Frozen 13 - 16 min; Time from Thawed 7 - 10 min; Preheat griddle. Place omelet on griddle. Turn over half way through cooking time.

**Microwave:** Time from Frozen 80 - 90 sec; Time from Thawed 35 - 45 sec; Place product in ungreased microwaveable dish. Cover with plastic wrap and vent. Heat at full power (1200 watt microwave).

**Steam:** Time from Frozen 13 min; Time from Thawed 8 min; Place single layer of product in an ungreased full-size steamer pan; do not cover.

**Steam:** Place full load of heated product in a steam table pan. Set temperature at medium. Hold up to 1 hour maximum.; Due to variance in equipment, heating time and temperature may require adjustment. Product should be heated to 165°F (74°C) internal temperature.

### Serving Suggestions

Perfect as a center-plate option, especially for feeding large groups (buffets), or as part of a sandwich build or wrap.

### Packaging and Storage

Trucks carrying this product will be loaded and transported in a sanitary manner following all requirements stated in this specification. Product will be transported and stored at a temperature of 0°F (-17.7°C) or below with the actual temperature not to exceed 10°F.

### Allergens

CONTAINS:

Eggs or Egg Derivatives, Sulphites or Sulphite Derivatives