



Country Chef

# 10904 - Spinach & Tomato Quiche

Country Chef's Spinach and Tomato Quiche has a filling of spinach, tomato and white cheddar cheese, mixed with a seasoned egg and cream blend. The combination is delicious, crunch and creamy. Enjoy it as an appetizer or a meal.



## Nutrition Facts

Servings per Container 1  
Serving size 5.10Z

Amount per serving  
**Calories 380**

	% Daily Value*
<b>Total Fat</b> 230g	<b>39%</b>
Saturated Fat 14g	<b>68%</b>
Trans Fat 0g	
<b>Cholesterol</b> 165mg	<b>23%</b>
<b>Sodium</b> 540mg	<b>23%</b>
<b>Total Carbohydrate</b> 24g	<b>8%</b>
Dietary Fiber 1g	<b>6%</b>
Total Sugars 5g	
Includes 5g Added Sugar	<b>%</b>
<b>Protein</b> 13g	
Vitamin D 0mcg	<b>0%</b>
Calcium 25mg	<b>25%</b>
Iron 0mg	<b>0%</b>
Potassium 0mg	<b>0%</b>

\* 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.

### \* Benefits

Our Spinach and Tomato Quiche is filled with our flavorful blend of white cheddar cheese, spinach and tomatoes in our seasoned egg and cream blend. Our quiche is available in two sizes. The 10 ounce quiche is two servings, while the 24 ounce family size quiche provides five servings. Our quiche isn't just for breakfast. It can be used for a quick flavorful lunch or dinner option.

### Ingredients

Light Cream, Eggs, White Cheddar Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Potato Starch, Corn Starch, Dextrose, Calcium Sulfate), Spinach, 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).

### Allergens

#### Contains:

eggs milk wheat

#### Free From:

crustaceans fish peanuts sesame soy tree nuts

### Handling Suggestions

Keep frozen. Refrigerate after opening. UNIT UPC: 038058109048

### Serving Suggestions

2 servings

### Prep & Cooking Suggestions

Preheat oven to 350F. Remove from film wrap & place on baking sheet. Cook for 30 minutes. For Food Safety, Cook to Internal Temperature of 165F, Prior to Consumption.

### Product Specifications

Brand	Manufacturer
Country Chef	Carando Gourmet Foods

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
038058109048	10904C	10904	10038058109045		10/10 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
7lb	7lb	United States	No	

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
7in	7.06in	13.63in	0.39ft3	17x7	382days	-5°F / -2°F



Country Chef

# 10904 - Spinach & Tomato Quiche

Country Chef's Spinach and Tomato Quiche has a filling of spinach, tomato and white cheddar cheese, mixed with a seasoned egg and cream blend. The combination is delicious, crunch and creamy. Enjoy it as an appetizer or a meal.



## Nutrition Analysis - By Measure

Calories	380	Total Fat	230g	Sodium	540mg
Protein	13	Trans Fats	0g	Calcium	25mg
Total Carbohydrates...	24g	Saturated Fat	14g	Iron	0mg
Sugars	5g	Added Sugars	5g	Potassium	0mg
Dietary Fiber	1g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	165mg		
Vitamin A(U)		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2	
Monosodium		Sulphites		Nitrates	

### Additional Images

