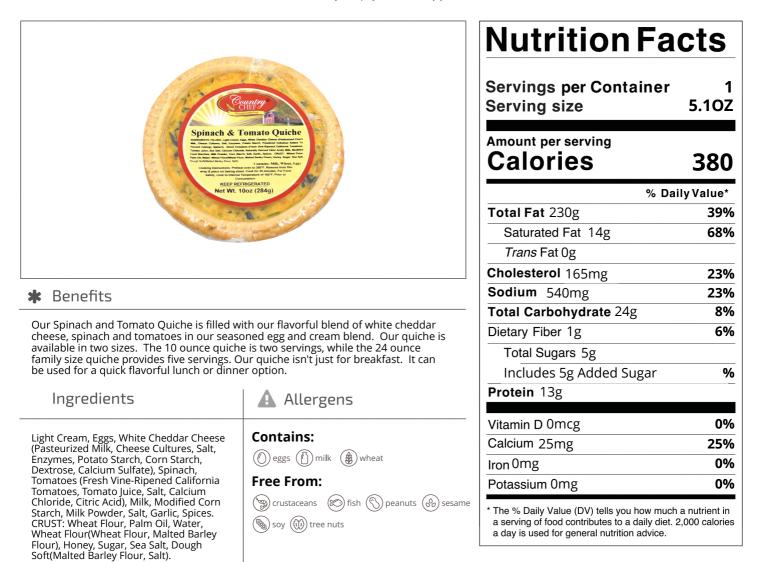


## **Country Chef** 10904 - Spinach & Tomato Quiche

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.



## Product Specifications

Handling Suggestions	Product Specifications										
Keep frozen. Refrigerate after opening. UNIT UPC: 038058109048	Brand				Manufacturer						
	Country Chef				Carando Gourmet Foods						
Serving Suggestions	U	PC	MFG #	SPC	#	GTIN		Pack	Pack Desc.		
2 servings	038058	038058109048 10904C 10904		04 100	10038058109045			10/10 OZ			
	Gross	Weight	Net Weig	ght Co	untry of Origin Kosher Child Nutritio			hild Nutrition			
Prep & Cooking Suggestions	7	7lb			United States		No				
Preheat oven to 350F. Remove from	Shipping Information										
film wrap & place on baking sheet. Cook for 30 minutes. For Food	Length	Width	Height Volume		e TIxHI	Shelf Life St		Storage Temp From/To			
Safety, Cook to Internal Temperature of 165F, Prior to Consumption.	7in	7.06in	13.63in 0.39ft3		3 17x7	382da	ys -5		°F / -2°F		





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Nutrition Analysis - By Measure

Calories	380	Total Fat	230g	Sodium	540mg
Protein	13	Trans Fats	Og	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(IU)•		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



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