



Cheenies

# 18219 - Cheese Bread Gluten Free

CHEENIES don't need to thaw. Ready to bake from the freezer to the oven, and features a chewy, cheesy, bready center, encased in a beautiful, thin, pastry crust.



## Nutrition Facts

Servings per Container 400  
Serving size 1.00Z (1oz)

Amount per serving  
**Calories 70**

	% Daily Value*
<b>Total Fat</b> 3.5g	<b>4%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 180mg	<b>8%</b>
<b>Total Carbohydrate</b> 9g	<b>3%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugar	<b>0%</b>
<b>Protein</b> 0g	
Vitamin D 0mcg	<b>0%</b>
Calcium 9mg	<b>1%</b>
Iron 0mg	<b>0%</b>
Potassium 9mg	<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

G&G Gourmet is a certified Minority and Women-Owned Business company, 3rd Party Certification Global Food Safety Initiative (GFSI) SQF by NSF. Since 2007 we have been making CHEENIES - natural Gluten-Free, authentic Brazilian po de queijo, using real Parmesan cheese in our simple, home-style recipe. The Liquid Nitrogen in our flash-freezing technique guarantees our product a one-year shelf-life. Ingredients: Eggs, Parmesan Cheese, Milk, Salt, and Oil

### Ingredients

Tapioca Starch, Water, Eggs, Soybean Oil, Parmesan Cheese

### ⚠ Allergens

#### Contains:

eggs milk soy

#### Free From:

crustaceans fish peanuts  
tree nuts wheat

### Handling Suggestions

Keep frozen

### Serving Suggestions

CHEENIES are 100% Gluten-Free, can be served as an appetizer, a snack, or as an accompaniment to a main dish such as soup, salad, or steak.

### Prep & Cooking Suggestions

Baked frozen rolls in a sheet pan for about 30 minutes at 350F

### Product Specifications

Brand	Manufacturer	Product Category
Cheenies	G G Gourmet	Buns & Rolls

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
	18219	18219	00812268003101		4/5 LB

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
21lb	20lb	United States	No	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
13.7in	10.2in	7.6in	0.61ft3	11x7	300days	-2°F / -5°F



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## Nutrition Analysis - By Measure

Calories	70	Total Fat	3.5g	Sodium	180mg
Protein	0	Trans Fats		Calcium	9mg
Total Carbohydrates...	9g	Saturated Fat	1g	Iron	0mg
Sugars	0g	Added Sugars	0g	Potassium	9mg
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	20mg		
Vitamin A(U)		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

## Additional Images

