



# Spinach and Kale Egg White Sous Vide Egg Bite

**Item Number:** 04183

**UPC:** 70504041834

**Item Type:** Frozen

**Pack Size:** 2 Egg Bites/Pouch,  
40 Pouches/Case

**Pouch Target Weight:** 4.6 oz ± 0.4 oz

**Case Target Weight:** 11.50 lb

**Case Dimensions:** 13.1 in x 11.1 in x 7.7 in

**Pallet Config:** 12 x 5 = 60 cases

**Ingredients:** Egg Whites, Cottage Cheese (cultured skim milk, cream, salt), Monterey Jack Cheese (monterey jack cheese (cultured pasteurized milk, salt and enzymes), and potato and corn starches (anti-caking agents)), Rice Starch, Unsalted Butter (pasteurized cream, natural flavors), Spinach, Kale, Feta Cheese (pasteurized milk, salt, cheese culture, enzymes and potato starch), Chives, Salt, Canola Oil, Hot Sauce (distilled vinegar, red pepper, salt), Nutmeg.

**Total Shelf Life:** 365 days from the production date on the pouch – keep frozen at 0 °F or below

## HEATING INSTRUCTIONS

### From Thawed

**Conventional Oven:** 10-12 minutes at 400°F

**Microwave Oven:** 1 minute (1100 watts)

**Skillet:** 2-3 minutes on each side at medium heat

## Nutrition Facts

40 servings per container  
**Serving size** 2 Egg Bites  
(130g)

**Amount per serving**  
**Calories** 200

	% Daily Value*
<b>Total Fat</b> 10g	13%
Saturated Fat 6g	30%
Trans Fat 0g	
<b>Cholesterol</b> 30mg	10%
<b>Sodium</b> 530mg	23%
<b>Total Carbohydrate</b> 12g	4%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g Added Sugars	0%
<b>Protein</b> 14g	
Vitamin D 0mcg	0%
Calcium 166mg	15%
Iron 0mg	0%
Potassium 166mg	4%

\*The % Daily Value 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.

### Microbiological Parameters:

· Coliforms	< 100 cfu/gram
· Staphylococcus aureus	< 10 cfu/gram
· Aerobic plate count	< 1,000 cfu/gram
· Anaerobic plate count	< 1,000 cfu/gram
· Listeria monocytogenes	Absence in 25 grams
· Salmonella	Absence in 25 grams

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NOTE: HEATING TIMES MAY VARY DUE TO MAKE, MODEL AND TEMPERATURE CALIBRATION OF EQUIPMENT. TO DEFROST THE PRODUCT, PLACE UNDER REFRIGERATION OVERNIGHT.



MANUFACTURED IN A PLANT THAT PROCESSES FISH, TREE NUT, CRUSTACEAN, SESAME, GLUTEN, SOYBEAN, WHEAT, MOLLUSCAN SHELLFISH, SO2, SULFITE, MUSTARD, CELERY, EGG AND MILK.