



# Sous Vide Egg Whites with Monterey Jack & Red Peppers

A delicious and healthy breakfast on the go made with cage free egg whites, Monterey Jack and cottage cheese, spinach, green onion, and fire roasted red peppers.

**Item Number:** 04160

**UPC:** 705044041605

**Item Type:** Frozen

**Pack Size:** 40 Pouches/Case

**Pouch Target Weight:** 4.6 oz ± 0.6 oz.

**Case Net Weight:** 11.50 lbs

**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 nonfat milk, milk, nonfat milk, contains less than 2% of: whey, salt, maltodextrin, citric acid, carrageenan, mono and diglycerides, locust bean gum, guar gum, natural flavors, vitamin A palmitate, carbon dioxide (to preserve freshness), enzyme), Monterey Jack Cheese (pasteurized milk, cheese culture, salt, enzymes, potato starch, powdered cellulose, natamycin (a natural mold inhibitor)), Roasted Red Peppers, Rice Starch, Unsalted Butter (pasteurized cream, natural flavors), Spinach, Feta Cheese (pasteurized milk, salt, cheese culture, enzymes and potato starch), Green Onion, Canola Oil, Salt, 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  
 6 days from thawed-sealed pouch/keep at 40 °F or below  
 3 days from thawed (within the 6 days mentioned above) – open pouch/Keep at 40 °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 sides at medium heat.

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

Nutrition Facts	
40 servings per container	
Serving size 2 portions (130g)	
Amount per serving	
<b>Calories</b>	<b>170</b>
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 470mg	20%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Total Sugars 3g	
Includes 3g Added Sugars	6%
<b>Protein 12g</b>	
Vitamin D 0mcg	0%
Calcium 150mg	10%
Iron 0mg	0%
Potassium 192mg	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 Parameter:	
· 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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