

THERE ARE NO IMAGES AVAILABLE AT THIS TIME

Serving suggestions

For a delicious breakfast at home or on the go, microwave and serve.

Storage

SHELF LIFE

77 Days

STORAGE TEMPERATURE - MAXIMUM

0 °F

STORAGE TEMPERATURE - MINIMUM

0 °F

STORAGE METHOD

Frozen

Preparation

MICROWAVE:

Microwave instructions were developed using an 1100-watt microwave oven. Ovens vary; heat times may need to be adjusted. If additional time is needed, microwave 5 seconds at a time until hot. 1. PREP: Remove top film completely from cup. 2. HEAT: Place cup near edge of microwave turntable. Microwave on HIGH for 25-30 seconds or until hot. Let stand for 1 minute. Enjoy! CAUTION: CUP AND OMELET MINIS WILL BE HOT. Always follow heating instructions.

UNSPECIFIED:

Ready to Heat & Eat!

Packaging information

MASTER CASE

CUBE 0.2402

GROSS WEIGHT 2.20601 lbs

HEIGHT 5.5

LENGTH 8.75

NET WEIGHT 1.6

WIDTH 8.625

PALLET

HI 7

TI 20

Ingredients

whole eggs, dairy protein base (cultured skim milk, water, natural flavor), gouda cheese with smoke flavor [pasteurized milk, cheese culture, salt, enzymes, annatto (vegetable color), natural smoke flavor], bacon (cured with: water, salt, sugar, smoke flavoring, sodium phosphates, sodium erythorbate, sodium nitrite), nonfat milk, cream cheese powder [cream cheese (milk, culture, salt, carob bean gum, enzyme), nonfat milk], soybean oil, modified corn starch, sodium lactate (preservative), salt, citric acid, carrageenan, nisin preparation (preservative)

ALLERGENS

Eggs, Milk

Nutritional information

NUTRITION FACTS

1 Servings Per Container

Serving Size 90g

Amount Per Serving

Calories **220**

Daily Value % *

Total Fat 15g **19%**

Saturated Fat 6g **30%**

Trans Fat 0g

Cholesterol 170mg **57%**

Sodium 690mg **30%**

Total Carbohydrate 6g **2%**

Dietary Fiber 0g **0%**

Total Sugars 4g

Includes 0g Added Sugars **0%**

Protein 14g **22%**

Vitamin D 0.8mcg **4%**

Calcium 180mg **15%**

Iron 1.1mg **6%**

Potassium 170mg **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.

To inquire if a signed copy of the product formulation statement or Child Nutrition statement is available for this item, please contact the Tyson Foodservice Customer Relations Team at 1-800-248-9766. Or email

CustomerRelations@tyson.com.

Need help? Call us at 1-800-261-4754

© 2019 Tyson Foods, Inc. Trademarks and registered trademarks are owned by Tyson Foods, Inc. or its subsidiaries.