

**THERE ARE NO IMAGES AVAILABLE AT THIS TIME**

## Ingredients

whole eggs, dairy protein base (cultured skim milk, water, natural flavor), cooked pork sausage crumble [pork, seasoning (salt, spices, sugar, monosodium glutamate), water, contains 2% or less: potassium lactate (preservative), caramel color, sodium phosphate, sodium diacetate (preservative)], cheddar cheese [pasteurized milk, cheese culture, salt, enzymes, annatto (vegetable color)], 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](#)

## Packaging information

<b>MASTER CASE CUBE</b>	0.2402
<b>GROSS WEIGHT</b>	2.206 lbs
<b>HEIGHT</b>	5.5
<b>LENGTH</b>	8.75
<b>NET WEIGHT</b>	1.6
<b>WIDTH</b>	8.625

<b>PALLET HI</b>	7
<b>TI</b>	20

## Storage

<b>SHELF LIFE:</b>	77 Days
<b>STORAGE TEMPERATURE - MAXIMUM:</b>	0 °F
<b>STORAGE TEMPERATURE - MINIMUM:</b>	0 °F
<b>STORAGE METHOD:</b>	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.

### THAW:

Ready to Heat & Eat!

## Nutritional information

### NUTRITION FACTS

#### 1 Servings Per Container

Serving Size 90g

#### Amount Per Serving

**Calories** **220**

	Daily Value % *
<b>Total Fat</b> 16g	<b>21%</b>
Saturated Fat 6g	<b>30%</b>
Trans Fat 0g	
<b>Cholesterol</b> 165mg	<b>55%</b>
<b>Sodium</b> 630mg	<b>27%</b>
<b>Total Carbohydrate</b> 6g	<b>2%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 13g	
Vitamin D 0.9mcg	<b>4%</b>
Calcium 170mg	<b>15%</b>
Iron 0.9mg	<b>4%</b>
Potassium 260mg	<b>6%</b>

\*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](mailto:CustomerRelations@tyson.com).

Need help?

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