# 100875 - Sandwich, English Muffin, Whole Grain, Egg & Cheese, ...

Looking for a great way to start your day? Try our egg & cheese sandwich on a whole grain English muffin! It's not only delicious, but it comes individually wrapped in an oven-safe film so you can just heat and serve.





#### MARKETING



# **Nutrition Facts**

96 Servings per container

Serving Size 3.25 oz (92g), 1 Sandwich

**Amount Per Serving Calories** 

	% Daily Value*
Total Fat 6	8%
Saturated Fat 2 g	10%
Trans Fat 0 g	
Cholesterol 65 mg	22%
Sodium 480 mg	20%
Total Carbohydrates 23 g	8%
Dietary Fiber 1 g	4%
Total Sugars 2 g	
Includes 0 g Added Sugars	0%

Protein 12 g	
Vitamin D 0 mcg	0%
Calcium 190 mg	15%
Iron 1.6 mg	8%
Potassium 150 mg	4%

The % Daily Values (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

#### PRODUCT SPECIFICATIONS

Code Dist Prod Code		GTIN	Calculated Pack
6604 100875		00737410660400	96 / 3.25 ONZ

Brand	Brand Owner	GPC Description		
Bake Crafters	Bake Crafters Food Company	Sandwiches/Filled Rolls/Wraps (Frozen)		

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
21.24 LBR	19.5 LBR	No	United States	Undeclared	No

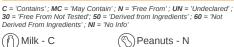
Shipping						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
19.625 INH	15.812 INH	8.562 INH	1.538 FTQ	6x8	365 Days	0 FAH / 15 FAH

## **ALLERGENS**



SERVING SUGGESTIONS

1 sandwich, 3,25oz



( Peanuts - N



(13) Tree Nuts - N





Fish - UN



(M) Shellfish - NI

Sesame - UN

# **INGREDIENTS**

English Muffin: Water, Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Yeast, Wheat Gluten, Contains Less Than 2% Of: Ascorbic Acid, Enzymes, Fumaric Acid, Yellow Corn Flour, Yellow Cornmeal, Salt, Soybean Oil, Calcium Propionate (Preservative), Sugar. Egg Pattie: Whole Eggs, Non-Fat Milk, Modified Food Starch, Salt, Xanthan Gum, Citric Acid, Pepper. Yellow Cheese: Cultured Skim Milk, Water, Sodium Citrate, Salt, Potassium Citrate, Annatto and Paprika (Color), Cream, Sorbic Acid (Preservative), Enzymes, Soy Lecithin.

#### HANDLING SUGGESTIONS



2 hours at ambient. 6 days refrigeration. 365 days

#### PREPARATION & COOKING SUGGESTIONS



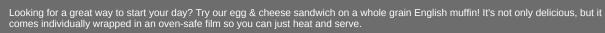
Preferred method: Thaw under refrigeration overnight. FROM THAWED: Heat product at 350 degrees F for 10-12 minutes. FROM FROZEN: Heat product at 350 degrees F for 18-20 minutes. Product is in ovenable film, it is not necessary to remove from film before heating.

## MORE INFORMATION



E-mail: support@bakecrafters.com, Telephone: (423) 396-3392, Tele/Fax: (423) 396-9604, Website: https:/...

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NUTRITIONAL ANALYSIS

Calories	190
Protein	12 g
Total Carbohydrates	23 g
Sugars	2 g
Dietary Fiber	1 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	6
Trans Fat	0 g
Saturated Fat	2 g
Added Sugars	0 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	65 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	480 mg
Calcium	190 mg
Iron	1.6 mg
Potassium	150 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

**NUTRITIONAL CLAIMS** 

TRANS\_FAT

FREE\_FROM

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