

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



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	TlxHI	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



C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; 30 = 'Free From Not Tested'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

- Milk - C
- Eggs - C
- Soy - C
- Wheat - C
- Sesame - N
- Peanuts - N
- Tree Nuts - N
- Fish - UN
- Shellfish - NI

HANDLING SUGGESTIONS



2 hours at ambient. 6 days refrigeration. 365 days frozen.

MORE INFORMATION



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

SERVING SUGGESTIONS



1 sandwich, 3.25oz

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.

Nutrition Facts

96 Servings per container

Serving Size 3.25 oz (92g), 1 Sandwich

Amount Per Serving

**Calories 190**

% Daily Value\*

<b>Total Fat</b> 6	<b>8%</b>
Saturated Fat 2 g	<b>10%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 65 mg	<b>22%</b>
<b>Sodium</b> 480 mg	<b>20%</b>
<b>Total Carbohydrates</b> 23 g	<b>8%</b>
Dietary Fiber 1 g	<b>4%</b>
Total Sugars 2 g	
Includes 0 g Added Sugars	<b>0%</b>

**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 advice.

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.

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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