

# 223844 - Cheese, Vegetables & Ham Frittata, 48/3 oz., Frozen, ...



Skillet Frittatas are an enticing entre featuring a lightly browned, folded whole egg frittata, blended with premium cheese, diced vegetables and savory ham scrambled together and baked into fresh, pasteurized eggs. The ingredients never fall out, keeping product prep neat and eating mess-free! A Sunny Fresh exclusive, it can be served alone as an entre or as part of a sandwich...



### MARKETING

Lightly browned, folded whole egg frittata blended with diced ham, peppers and onions.. Serve as part of an entre, as a breakfast omelet or as part of a breakfast buffet, convenience store or other foodservice menu setup.. Fully cooked for optimal consistency, streamlined kitchen prep and food safety.. Fast, easy prep makes quick builds possible for all-day breakfast sales.. Perfectly sized and flavored for easy integration with other breakfast components.. For more information, call 1.800.872.3447 or visit our website [www.sunnyfresh.com](http://www.sunnyfresh.com).

### PRODUCT SPECIFICATIONS

Code	Dist Prod Code	GTIN	Calculated Pack
100007963	223844	10038057301853	48 x 3 OZ

Brand	Brand Owner	GPC Description
Sunny Fresh	Cargill Poultry Products Div	Eggs Products/Substitutes

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
9.6 LBR	9 LBR	No	United States	Undeclared	No

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
12.125 INH	9.313 INH	7.625 INH	0.5 FTQ	16x9	270 Days	-10 FAH / 10 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 - N
- Wheat - N
- Sesame - N
- Peanuts - N
- Tree Nuts - N
- Fish - N
- Shellfish - NI

### HANDLING SUGGESTIONS

Keep Frozen until ready for use. Thaw in case 3-5 days under refrigeration. Do not store or thaw product at room temperature .Keep thawed and opened product refrigerated.

### MORE INFORMATION

### SERVING SUGGESTIONS

Center of the plate innovations feature ingredients baked directly into the egg for mess free eating. Perfect on their own or as an ingredient for breakfast builds.

### PREPARATION & COOKING SUGGESTIONS

For best results reheat product from fully thawed state. Line sheet trays with pan liner or non-stick spray. Place product on sheet trays and cover with foil before placing in oven. Preheat oven to 350F. Cook thawed product for approx. 10 minutes. Cook frozen product for approx. 20 minutes.

## Nutrition Facts

48 Servings per container

**Serving Size** 1 Omelete

**Amount Per Serving**  
**Calories** 110

	% Daily Value*
<b>Total Fat</b> 7 g	<b>9%</b>
Saturated Fat 2.5 g	<b>13%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 185 mg	<b>62%</b>
<b>Sodium</b> 500 mg	<b>22%</b>
<b>Total Carbohydrates</b> 2 g	<b>1%</b>
Dietary Fiber 0 g	<b>1%</b>
Total Sugars 1 g	
Includes 0 g Added Sugars	<b>1%</b>

<b>Protein</b> 9 g	
Vitamin D 1 mcg	4%
Calcium 54 mg	4%
Iron 1 mg	6%
Potassium 128 mg	2%

\* 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

Whole Eggs, Pasteurized Process Cheddar Cheese [Cheddar Cheese (Milk, Cheese Culture, Salt, Enzymes), Water, Sodium Phosphate, Milkfat, Sodium Hexametaphosphate, Salt, Paprika and Annatto (color), Powdered Cellulose (to prevent caking)], Water, Pre-cooked Ham-Water added (Ham, Water, Salt, Dextrose, Sodium Phosphates, Smoke Flavoring, Sodium Erythorbate, Sodium Nitrite), Onions, Green Peppers, Red Peppers, Soybean Oil, Whole Milk, Modified Corn Starch, Salt, Xanthan Gum, Citric Acid. CONTAINS: EGG, MILK.

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**NUTRITIONAL ANALYSIS**

Calories	110
Protein	9 g
Total Carbohydrates	2 g
Sugars	1 g
Dietary Fiber	0 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	7 g
Trans Fat	0 g
Saturated Fat	2.5 g
Added Sugars	0 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	185 mg
Vitamin D	1 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	500 mg
Calcium	54 mg
Iron	1 mg
Potassium	128 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

**NUTRITIONAL CLAIMS**

ARTIFICIAL_COLOUR	FREE_FROM	ARTIFICIAL_FLAVOUR	FREE_FROM	HIGH_FRUCTOSE_CORN_SYRUP	FREE_FROM
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