

Serving Size

Nutrition Facts

(Heat and Serve)

140 Servings Per Container

Serving Size **2 Each**

Amount Per Serving

Calories **170**

	% Daily Value*
Total Fat 10 g	13%
Saturated Fat 6 g	30%
Trans Fat 0 g	
Cholesterol 30 mg	10%
Sodium 710 mg	31%
Total Carbohydrate 9 g	3%
Dietary Fiber 0 g	0%
Sugar 3 g	0%
Protein 13 g	10%
Vitamin D .3 µg	2%
Potassium 260 mg	6%
Calcium 170 mg	15%
Iron .4 mg	2%

* The % Daily Value (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

Egg White, Cottage Cheese, (Skim Milk, Milk, Less Than 2%: Cream, Guar Gum, Calcium Sulfate, Locust Bean Gum, Carageenan, Mono And Diglycerides, Sodium, Phosphate, Potassium Phosphate, Dextrose, Water, Citric Acid, Lactic Acid, Phosphoric Acid, Natural Flavorings, Salt, Potassium Sorbate, Calcium, Chloride, Cultures, Enzymes) Pasteurized Process Monterey Jack Cheese (Montereyjack Cheese, Cultured Milk, Salt Enzymes, Water Cream, Sodium Phosphates, Salt, Sorbic Acid (Preservative) Natamycin (Preservative) Pasteurized Process Gouda Cheese (Cultured Milk, Water, Cream, Skim Milk, Sodium Phosphates, Salt, Lactic Acid Natural Smoke Flavor, Casein, Sorbic Acid (Preservative) Enzymes, Natamycin (Preservative), Butter (Cream Salt) Corn Starch, Vegetable Blend (Dried Red Peppers, Onions, And Chives) Pepper Sauce (Vinegar, Red Pepper Salt) Salt, Xanthan Gum, Citric Acid.