

Nutrition Facts	
(Heat and Serve)	
1 Servings Per Container	
Serving Size	2 Each
Amount Per Serving	
Calories	230
% Daily Value*	
Total Fat 16 g	21%
Saturated Fat 9 g	45%
Trans Fat 0 g	
Cholesterol 250 mg	83%
Sodium 700 mg	30%
Total Carbohydrate 6 g	2%
Dietary Fiber 1 g	4%
Sugar 2 g	0%
Protein 15 g	30%
Vitamin D 1.6 µg	8%
Potassium 180 mg	4%
Calcium 190 mg	15%
Iron 1.2 mg	6%
* 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

Ingredient Statement: Eggs, Cottage Cheese, (Skim Milk, Milk, Less Than 2%: Cream, Guar Gum, Calcium Sulfate, Locust Bean Gum, Carrageenan, 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 Cheddar And Monterey Jack Cheeses (Cheese (Cultured Milk, Salt, Enzymes), Water, Cream, Sodium Phosphates, Salt, Sorbic Acid (Preservative), Natamycin (Preservative), Vegetable Color (Annatto And Paprika Extract)), Reconstituted Skim Milk, Butter (Cream, Salt), Corn Starch, Pepper Sauce (Vinegar, Red Pepper, Salt), Salt, Xanthan Gum, Citric Acid.



May Contain