

Nutrition Facts

Servings per container 40
Serving size 1/4 (50g)

Amount per serving
Calories 150

	% Daily Value*
Total Fat 13g	16%
Saturated Fat 5g	25%
Trans Fat 0g	
Polyunsaturated Fat 1.8g	
Monounsaturated Fat 6g	
Cholesterol 495mg	165%
Sodium 30mg	1.5%
Total Carbohydrate 5g	2%
Dietary Fiber 0g	0%
Total Sugars 5g	
Includes 10g of Added Sugars	10%
Protein 8g	14%
Vitamin D 6.6mcg	17%
Calcium 42mg	3%
Iron 2mg	13%
Potassium 50mg	2%
Vitamin A 650mcg	13%
Vitamin C 0mg	0%

* 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.

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

Thawing Instructions:

OVERNIGHT DEFROST:
 PLACE CARTON IN REFRIGERATOR FOR AT LEAST 12 HOURS. IF NOT COMPLETELY LIQUID, PLACE IN HOT WATER FOR A FEW MINUTES.

MICROWAVE DEFROST:
 OPEN CARTON . MICROWAVE 1 MINUTE AT HIGH POWER, STIR TO BREAK ICE, MICROWAVE 1 TO 2 MINUTES MORE, STIRRING EVERY 30 SECONDS UNTIL ALMOST DEFROSTED. LET STAND 5 MINUTES; STIR.

Keep Refrigerated after Thawing

INGREDIENTS: EGG YOLKS 90%,
 SUGAR 10%.

Under strict
 supervision of

