

# FROZEN ITALIAN FRITTATA

## EGGS & POTATO



Enjoy the convenience of this savory egg and potato frittata as a breakfast item. The low sodium formulation allows for a variety of toppings such as shredded cheese, herbs or vegetables.



**GOOD SOURCE OF PROTEIN**

Available in single-wrapped packaging

SKU	SHELF LIFE
UF1390	12 months frozen
SERVING SIZE	PACK SIZE
3 oz	100 pcs (18.75 LB)

### Nutrition Facts

100 servings per container

Serving size **3 oz (85g)**

Amount Per Serving

**Calories 160**

% Daily Value\*

Total Fat 10g	13%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 115mg	38%
Sodium 370mg	16%
Total Carbohydrate 13g	5%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
<b>Protein 5g</b>	<b>10%</b>

Not a significant source of vitamin D, calcium, iron, and potassium

\*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.

### WHAT IS A FRITTATA?

Frittata is an Italian egg-based dish similar to an open-faced omelette, crustless quiche or scrambled eggs that can be enriched with additional ingredients such as meats, cheeses, or vegetables.

**Children who eat breakfast show improved cognitive function, attention and memory.**

Consuming breakfast improves children's performance on mathematical tasks, vocabulary tests, demanding mental tasks, and reaction to frustration.

Source: FRAC (Food Research & Action Center)

**Ingredients:** Potato, Eggs, Onion, Canola Oil, Water, Granulated Onion, Granulated Garlic, Salt, Modified Food Starch, Isolated Soy Protein.

**Allergens:** Contains: Eggs and Soy.

**Cooking Instructions:** heat oven to 375°F. Apply cooking spray to sheet pan. Place frittatas on pan and warm for 10-15 minutes; or to an internal temperature of 160°F.