

# Nutrition Facts

1 serving  
Serving size  
1 package (130g)

Calories  
per serving **210**

Amount/serving % DV\*

**Total Fat** 14g **18%**

Sat Fat 6g **30%**

*Trans* Fat 0g

**Cholest** 345mg **115%**

**Sodium** 480mg **21%**

Vitamin D 0mcg 0% • Calcium 203mg 15%  
Iron 1mg 6% • Potassium 84mg 2%

Amount/serving % DV\*

**Total Carb.** 5g **2%**

Dietary Fiber 0g **0%**

Total Sugars 3g

Incl. 0g Added Sugars **0%**

**Protein** 17g **32%**

\*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: EGGS (WHOLE EGGS, CITRIC ACID), ORGANIC WHOLE MILK RICOTTA CHEESE (ORGANIC MILK, ORGANIC VINEGAR, SALT), CHEDDAR CHEESE (PASTEURIZED MILK, SALT, CHEESE CULTURES, ENZYMES, ANNATTO [COLOR]), UNCURED HAM - NO NITRATES OR NITRITES ADDED EXCEPT THOSE NATURALLY OCCURRING IN SEA SALT AND CULTURED CELERY POWDER (PORK, WATER, SEA SALT, TURBINADO SUGAR, CULTURED CELERY POWDER, MAPLE SYRUP), GREEN BELL PEPPERS, FIRE ROASTED ONIONS, TAPIOCA FLOUR, DRIED GARLIC, DRIED ONION, SALT, BLACK PEPPER. DISTRIBUTED BY VITAL FARMS® AUSTIN, TX 78704 1-877-455-3063. HEATING INSTRUCTIONS: PEEL BACK AND REMOVE FILM. PLACE TRAY IN MICROWAVE AND HEAT FOR 45-60 SECONDS. SEE VITALFARMS.COM FOR OVEN INSTRUCTIONS.



PERISHABLE  
DO NOT FREEZE  
USE BY DATE  
PRINTED ON PACKAGE  
EBH001

