

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 355mg **118%**

Sodium 310mg **13%**

Vitamin D 0mcg 0% • Calcium 235mg 20%
Iron 1mg 6% • Potassium 79mg 2%

Amount/serving % DV*

Total Carb. 7g **3%**

Dietary Fiber 1g **4%**

Total Sugars 3g

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

Protein 16g **30%**

*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.



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INGREDIENTS: EGGS (WHOLE EGGS, CITRIC ACID), ORGANIC WHOLE MILK RICOTTA CHEESE (ORGANIC MILK, ORGANIC VINEGAR, SALT), ORGANIC MOZZARELLA CHEESE (ORGANIC MILK, CHEESE CULTURES, SEA SALT, VEGETABLE ENZYMES), ROASTED RED BELL PEPPERS, 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
EBP001

