LOW FAT
EGG WHITE OMELET
WITH GREENS AND CHEESE

√ Enhanced with Whey Protein Isolate
√ Zero Trans Fat
√ Contains Nutrient Rich Leafy Greens
(Spinach, Rapini, and Collards)
We’re Making Breakfast Better™

Code **30179** • Pack/Size 48/93 g

**LOW FAT EGG WHITE OMELET WITH GREENS & CHEESE**

**Ingredients:** Egg White, Greens [Spinach, Rapini, Collards and Onions], Water, Cheddar Cheese [Milk, Bacterial Culture, Salt, Rennet or Microbial Enzyme, Colour], Modified Milk Ingredients, Skim Milk Powder, Modified Corn Starch, Liquid Butter Alternative [Soybean Oil, Hydrogenated Soybean Oil with Salt, Soy Lecithin, Artificial Flavour, Artificial Colour, Citric Acid added as a preservative], Salt, Xanthan Gum. Contains: Egg, Milk, Soy

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**Suggested Preparation Instructions**

For best results, prepare when product is completely thawed.

**Microwave:** Heat on LOW power for 2 minutes. Rotate plate. Heat on HIGH for an additional 2 minutes.

*Note: Microwave directions are based on a 500-700 watt oven.*

**Conventional Oven:** Bake at 160ºC (320ºF) for 20-25 minutes

**Convection Oven:** 150ºC (300ºF) for 20-30 minutes. Place thawed omelets on greased stainless baking sheets (spray with vegetable oil or line with parchment baking paper). Cover with aluminum foil. Check bottom side of omelets during cooking to avoid any undesirable browning.

- Due to oven variances, heating times may vary.
- Internal temperature of cooked product should be at or above 71ºC (160ºF).

**Storage and Handling**

**Storage:**

Frozen:
Store product at -18ºC (0ºF) or below.
Best if used in 9 months.

Thawed:
Store product in a sanitary manner, at 4ºC (39ºF) or below.
Best if used within 3 days.

**Thawing Procedure:**

**Microwave:**
1 minute on medium power.
(Time may very due to differences in microwaves.)

**Refrigerator:**
Approximately 8 hours at 2-3ºC (35-37ºF) for individual omelets.