



# KOWALSKI'S HOLIDAY QUICHE BREAKFAST

Serves 6



## NUTRITION FACTS

### HAM & CHEESE QUICHE

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>5 oz. (136g)</b> (about 1/8 quiche)
<b>Amount per serving</b>	
<b>Calories</b>	<b>400</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 31g	<b>39%</b>
Saturated Fat 16g	<b>81%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 250mg	<b>83%</b>
<b>Sodium</b> 510mg	<b>22%</b>
<b>Total Carbohydrate</b> 13g	<b>5%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 16g	
Vitamin D 1.2mcg	6%
Calcium 200mg	15%
Iron 2.1mg	10%
Potassium 160mg	4%

\* 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.

### DENVER QUICHE

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>5 oz. (153g)</b> (about 1/8 quiche)
<b>Amount per serving</b>	
<b>Calories</b>	<b>410</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 31g	<b>40%</b>
Saturated Fat 17g	<b>83%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 250mg	<b>83%</b>
<b>Sodium</b> 450mg	<b>20%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 2g	<b>9%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 17g	
Vitamin D 1.3mcg	6%
Calcium 220mg	17%
Iron 2.1mg	10%
Potassium 200mg	4%

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### VEGGIE QUICHE

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>5 oz. (147g)</b> (about 1/8 quiche)
<b>Amount per serving</b>	
<b>Calories</b>	<b>400</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 31g	<b>40%</b>
Saturated Fat 17g	<b>83%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 245mg	<b>81%</b>
<b>Sodium</b> 330mg	<b>14%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 3g	<b>9%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 15g	
Vitamin D 1.1mcg	6%
Calcium 230mg	18%
Iron 2.2mg	10%
Potassium 190mg	4%

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### FETA SPINACH QUICHE

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>4.5 oz. (130g)</b> (about 1/8 quiche)
<b>Amount per serving</b>	
<b>Calories</b>	<b>380</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 30g	<b>38%</b>
Saturated Fat 16g	<b>81%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 250mg	<b>83%</b>
<b>Sodium</b> 300mg	<b>13%</b>
<b>Total Carbohydrate</b> 14g	<b>5%</b>
Dietary Fiber 2g	<b>8%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 14g	
Vitamin D 1.1mcg	6%
Calcium 220mg	17%
Iron 2.2mg	10%
Potassium 140mg	4%

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### HICKORY-SMOKED PIT HAM

Nutrition Facts	
Serving size about 3 oz. (84g)	
<b>Amount per serving</b>	
<b>Calories</b>	<b>120</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 2g	<b>10%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 40mg	<b>13%</b>
<b>Sodium</b> 1180mg	<b>47%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 4g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 15g	
Vitamin D 0.7mcg	4%
Calcium 10mg	0%
Iron 0.8mg	4%
Potassium 310mg	6%

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### QUATTRO CHEESY HASH BROWNS

Nutrition Facts	
Serving size 8 oz. (227g)	
<b>Amount per serving</b>	
<b>Calories</b>	<b>370</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 20g	<b>25%</b>
Saturated Fat 12g	<b>61%</b>
<i>Trans Fat</i> 0.5g	
<b>Cholesterol</b> 65mg	<b>21%</b>
<b>Sodium</b> 1340mg	<b>54%</b>
<b>Total Carbohydrate</b> 36g	<b>12%</b>
Dietary Fiber 2g	<b>8%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 12g	
Vitamin D 0.7mcg	4%
Calcium 290mg	20%
Iron 0.9mg	4%
Potassium 105mg	2%

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Serves 6



## NUTRITION FACTS

### KOWALSKI'S BATTER BREAD ASSORTMENT

Nutrition Facts	
<b>Serving size</b>	<b>2 oz. (57g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>180</b>
	% Daily Value*
<b>Total Fat</b> 7g	<b>10%</b>
Saturated Fat 1g	<b>6%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 190mg	<b>8%</b>
<b>Total Carbohydrate</b> 29g	<b>10%</b>
Dietary Fiber 1g	<b>3%</b>
Total Sugars 17g	
Includes 16g Added Sugars	<b>32%</b>
<b>Protein</b> 3g	
Calcium	2%
Iron	4%

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### FRESH CUT FRUIT

Nutrition Facts	
<b>Serving size</b>	<b>about 3.5 oz. (100g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>66</b>
	% Daily Value*
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0.5g	<b>3%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 16g	<b>5%</b>
Dietary Fiber 2g	<b>8%</b>
Total Sugars 10g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 7mg	1%
Iron 0.26mg	1%
<b>Potassium</b> 188mg	<b>4%</b>

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### KOWALSKI'S FRESHLY SQUEEZED ORANGE JUICE

Nutrition Facts	
<b>Serving size</b>	<b>8 fl. oz. (237mL)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>110</b>
	% Daily Value*
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 21g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 27mg	2%
Iron 0mg	0%
<b>Potassium</b> 496mg	<b>10%</b>
<b>Vitamin C</b> 124mg	<b>140%</b>

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