

EggSolutions® Omelets

Exceptional Quality, Delicious Flavour

Preparation Instructions

For best results, prepare when the product is completely thawed.

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

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

Conventional Oven: 160°C (320° F) for 20-25 minutes

Convection Oven: 150°C (300°F) for 20-30 minutes. Place thawed omelets on greased stainless baking sheets (spray with vegetable oil or lined 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)

Storage and Handling

Storage:

Frozen: Store product at -18°C (0°F) or below.
Best if used in 7 months.

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

Thawing Procedure:

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

Refrigerator: Allow 8 hours at 2-3°C (35-37°F) for individual omelets.



OMELETS

FEATURES

- Made from farm fresh eggs
- Fully cooked
- Pasteurized and Homogenized

ADVANTAGES

- Manufactured in a HACCP recognized facility
- No messy shells or cleanup
- Easy preparation, heat and serve
- Exact portion control

BENEFITS

- 100 % yield, no waste
- Ensures food safety (when handled as directed)
- Saves time and labour
- Exact cost control



OMELETS



Nutrition Facts 30168	
Per 1 omelet (85 g)	
Amount	% Daily Value
Calories 130	
Total Fat 9 g	14 %
Saturated 2.5 g + Trans 0 g	14 %
Cholesterol 300 mg	
Sodium 300 mg	12 %
Total Carbohydrate 3 g	1 %
Dietary Fibre 0 g	0 %
Sugars 0 g	
Protein 9 g	
Vitamin A 8 %	Vitamin C 0 %
Calcium 4 %	Iron 6 %

Product Description Code 30168 Pack/Size 48/85 g

• Plain Skillet Omelet:

Whole Egg, Water, Whole Milk Powder, Soybean Oil, Modified Corn Starch, Salt, Xanthan Gum, Sodium Phosphate, Citric Acid.



Nutrition Facts 30169	
Per 1 omelet (99 g)	
Amount	% Daily Value
Calories 190	
Total Fat 14 g	21 %
Saturated 6 g + Trans 0 g	31 %
Cholesterol 320 mg	
Sodium 350 mg	14 %
Total Carbohydrate 4 g	1 %
Dietary Fibre 0 g	0 %
Sugars 0.5 g	
Protein 12 g	
Vitamin A 15 %	Vitamin C 0 %
Calcium 12 %	Iron 8 %

Product Description Code 30169 Pack/Size 48/99 g

• Cheddar Cheese Skillet Omelet:

Whole Egg, Cheddar Cheese (Milk, Bacterial Culture, Salt, Calcium Chloride, Chymosin and/or Microbial Enzyme, Annatto), Water, Whole Milk Powder, Soybean Oil, Modified Corn Starch, Salt, Xanthan Gum, Sodium Phosphate, Citric Acid.



Nutrition Facts 30186	
Per 1 omelet (85 g)	
Amount	% Daily Value
Calories 145	
Total Fat 11 g	16 %
Saturated 4.5 g + Trans 0 g	24 %
Cholesterol 230 mg	
Sodium 480 mg	20 %
Total Carbohydrate 2.5 g	1 %
Dietary Fibre 0 g	0 %
Sugars 1 g	
Protein 10 g	
Vitamin A 10 %	Vitamin C 6 %
Calcium 10 %	Iron 6 %

Product Description Code 30186 Pack/Size 48/85 g

• Cheese, Vegetables, and Ham Frittata Skillet Omelet:

Whole Eggs, Pasteurized Process Cheddar Cheese [Cheddar Cheese (Milk, Cheese Culture, Salt, Enzymes), Water, Sodium Phosphate, Milkfat, Sodium Hexametaphosphate, Salt, Paprika and Annatto (colour), Powdered Cellulose (to prevent caking)], Water, Pre-cooked Ham-Water added (Ham, Water, Salt, Dextrose, Sodium Phosphate, Smoke Flavouring, Sodium Erythorbate, Sodium Nitrite), Onions, Green Peppers, Red Peppers, Soybean Oil, Whole Milk, Modified Corn Starch, Salt, Xanthan Gum, Citric Acid.

Product Description Code 30165 Pack/Size 48/85 g

• Zero Cholesterol Plain Skillet Omelet:

Egg White, Water, Modified Corn Starch, Whey Protein Isolate (from milk), Soybean Oil, Skim Milk Powder, Xanthan Gum, Black Pepper Extract, Artificial Butter Flavour (Butter, Lipolyzed Butter Oil, Modified Coconut Oil, Artificial Flavour, Soybean Oil, Natural Flavour, Annatto Extract), Annatto.

Product Description Code 30164 Pack/Size 48/99 g

• Skillet Omelet Flavoured with Cheese and Ham Filling:

OMELET: [Whole Eggs, Water, Whole Milk Powder, Soybean Oil, Modified Corn Starch, Salt, Xanthan Gum, Citric Acid]. CHEESE & HAM FILLING: [Cream Cheese (Pasteurized Milk and Cream, Cheese Culture, Salt, Stabilizer (Xanthan and/or Carob Bean and/or Guar Gum)), Ham-Water Added (Ham, Water, Salt, Dextrose, Sodium Phosphates, Smoke Flavouring, Sodium Erythorbate, Sodium Nitrite), Pasteurized Process Cheddar Cheese (Cheddar Cheese (Milk, Salt, Cheese Culture and Enzymes), Water, Cream, Sodium Phosphates, Salt, Artificial Colour), Contains 2% or less Sugar, Modified Food Starch, Hydrolyzed Vegetable Protein Product (Hydrolyzed Corn Gluten, Hydrolyzed Wheat Gluten, Ammonium Chloride, Maltodextrin, Yeast Extract, Partially Hydrogenated Soybean Oil, Malic Acid, Salt), Soybean Oil, Lemon Juice, Salt, Mustard Bran, Xanthan Gum, Smoke Flavouring, Spice.

Product Description Code 30153 Pack/Size 170/49.5 g

• Buffet Style Omelet with Five Cheese Filling:

EGG PORTION - Whole Eggs, Nonfat Milk, Modified Food Starch, Salt, Xanthan Gum, Citric Acid, Liquid Pepper Extract, White Pepper. CHEESE FILLING - Cream Cheese [Pasteurized Milk and Cream, Cheese Culture, Salt, Stabilizer (Xanthan and/or Carob Bean and/or Guar Gum)], Ricotta Cheese (Whey, Pasteurized Milk, Vinegar, Salt, Xanthan Gum), Pasteurized Process Swiss Cheese [Swiss Cheese (Milk, Cheese Culture, Salt, Enzymes), Water, Sodium Phosphate, Cream, Salt, Sorbic Acid (preservative)], Pasteurized Process Cheddar Cheese [Cheddar Cheese (Milk, Salt, Cheese Cultures and Enzymes), Water, Cream, Sodium Phosphate, Salt and Apo-Carotenol], Low Moisture Part-Skim Mozzarella Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes), Modified Food Starch, Soybean Oil, Salt, Reconstituted Lemon Juice [Water, Lemon Juice Concentrate, Lemon Oil, Sodium Benzoate (preservative)], Xanthan Gum, Cayenne Pepper.

Nutrition Facts 30165	
Per 1 omelet (85 g)	
Amount	% Daily Value
Calories 60	
Total Fat 1 g	1 %
Saturated 0 g + Trans 0 g	0 %
Cholesterol 0 mg	
Sodium 130 mg	6 %
Total Carbohydrate 2.5g	1 %
Dietary Fibre 0 g	0 %
Sugars 0 g	
Protein 9 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 2 %	Iron 0 %



Nutrition Facts 30164	
Per 1 omelet (99 g)	
Amount	% Daily Value
Calories 170	
Total Fat 12 g	19 %
Saturated 5 g + Trans 0 g	25 %
Cholesterol 300 mg	
Sodium 410 mg	17 %
Total Carbohydrate 3 g	1 %
Dietary Fibre 0 g	0 %
Sugars 0 g	
Protein 11 g	
Vitamin A 10 %	Vitamin C 0 %
Calcium 6 %	Iron 8 %



Nutrition Facts 30153	
Per 1 omelet (49.5 g)	
Amount	% Daily Value
Calories 85	
Total Fat 6 g	9 %
Saturated 3 g + Trans 0 g	16 %
Cholesterol 135 mg	
Sodium 240 mg	6 %
Total Carbohydrate 2 g	1 %
Dietary Fibre 0 g	0 %
Sugars 0 g	
Protein 6 g	
Vitamin A 6 %	Vitamin C 0 %
Calcium 6 %	Iron 4 %

