



CARROT SOUFFLÉ

A sweet and buttery Carrot Soufflé made with fresh carrots and topped with cinnamon

- Excellent with your holiday meals
- Makes a great appetizer

- Serve on a large oval platter in the service deli case
- Prepackaged as a “side” or “Meals To Go”
- Tie-in Gourmet Boutique’s Grilled Chicken

HEATING INSTRUCTIONS

MICROWAVE OVEN: 2-3 minutes or until hot

(or until internal temperature is 165F as indicated by a calibrated cooking thermometer)

OVEN: : From Frozen – Preheat oven to 350°F. Remove plastic wrap and cover with foil lid. Place entrée on sheet pan and place into the oven for approximately 55 minutes or until the internal temperature reaches 165°F.

INGREDIENTS

Carrot, Sugar, Whole Eggs, Egg Whites, Canola Oil, Enriched Wheat Flour

[Bleached Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid],

Baking Powder [Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate], **Corn Starch, Cinnamon.**

Contains Egg, Wheat.

FROZEN - NEW YORK & ARIZONA

UPC #: 7-06129-00779-0

PACK SIZE: 2/5lb

BOX L/W/H: 12.75" x 11" x 4.25"

CUBE: 0.34

TI/HI: 12x15

GR WEIGHT: 10.75 lb

SHELF LIFE: min. 90 days (7 from slack)

NET WT: 10 lb



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Nutrition Facts

Serving Size 3oz (85g)

Servings Per Container about 21

Amount Per Serving

Calories 170 **Calories from Fat 60**

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 45mg **15%**

Sodium 190mg **8%**

Total Carbohydrate 24g **8%**

Dietary Fiber 2g **8%**

Sugars 15g

Protein 4g

Vitamin A 150% • Vitamin C 2%

Calcium 10% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4