



EGG BEATERS

007581 - Egg Whites Frz Liquid Cage Free 32

Egg Beaters 100% Egg Whites provides the taste and nutrition of whole eggs but with half the calories and no fat or cholesterol. Made from all natural egg whites, for a taste consumers know and love. Packed in convenient 2 lb. frozen cartons for maximum flexibility, so you can thaw and use only what you need, with a 360 day shelf life.



Nutrition Facts

Servings per Container 20
Serving size 3tbsp (46g)

Amount per serving
Calories 25

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 75mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugar	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 75mg	2%

* 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.

* Benefits

Egg Beaters are a simple solution, whether you are looking for better health or an easier source of protein. Use for making omelets, frittatas, or scrambled eggs that will appeal to today's health conscious consumers. Nutritious 100% egg white alternative, delivers the high-quality protein of shell eggs without all the calories, cholesterol, or fat from the yolk. Our handy cartons make storing and pouring easy! Giving you flexibility, so you can thaw and use only what you need, while maintaining shelf life. We've taken the hassle and mess out of cooking and baking with liquid eggs, create classic dishes in seconds with no egg shells in sight. Reduces prep time saving time and labor. Great for any recipe, menu or format as a substitute to traditional shell eggs with less mess, half the calories and no fat or cholesterol.

Ingredients

Egg Whites. CONTAINS: EGGS

⚠ Allergens

Contains:



Free From:



Handling Suggestions

Keep Frozen until ready for use. Do not store or thaw product at room temperature. Keep thawed and opened product refrigerated. Thaw Under Refrigeration. 5-7 days for full case, 24-48 hours for individual carton.

Serving Suggestions

Made from 100% real egg whites, with 1/2 the calories of shell eggs and can help you manage your cholesterol. Substitute for shell eggs in any recipe.

Prep & Cooking Suggestions

Pour desired amount of Egg Beaters into a microwave-safe bowl. Cover and cook at high(100%) power for 1 minute. Stir. Cook 1/2 to 1 minute more until set but slightly moist

✍ Product Specifications

Brand	Manufacturer	Product Category
EGG BEATERS	Cargill Poultry Products Div	Eggs, Liquid

MFG #	SPC #	GTIN	Pack	Pack Desc.
110037104	007581	20196370002196	12	12 / 1 / cs

Gross Weight	Net Weight	Catch Weight	Country of Origin	Kosher	Child Nutrition
25.6lb	24lb	No	USA	Yes	No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
12.25in	9.31in	9.63in	0.64ft3	16x5	360DAYS	-10°F / 10°F



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Nutrition Analysis - By Serving

Calories	25	Total Fat	0g	Sodium	75mg
Protein	5	Trans Fats	0g	Calcium	0mg
Total Carbohydrates...	0g	Saturated Fat	0g	Iron	0mg
Sugars	0g	Added Sugars	0g	Potassium	75mg
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(U)		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

