

Cheese and Egg English Muffin

Nutrition Facts

1 serving per container

Serving size 1 Egg Muffin (0.0g)

Amount Per Serving

Calories **320**

% Daily Value*

Total Fat 15g **19%**

Saturated Fat 6g **30%**

Trans Fat 0g

Cholesterol 215mg **72%**

Sodium 560mg **24%**

Total Carbohydrate 27g **10%**

Dietary Fiber 3g **11%**

Total Sugars 2g

Includes 2g Added Sugars **4%**

Protein 18g

Vitamin D 1.2mcg 6%

Calcium 220mg 15%

Iron 0.9mg 6%

Potassium 3380mg 70%

* 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.

INGREDIENTS: ENGLISH MUFFIN, EGGS, SHARP CHEDDAR

CUISINE FOR HEALING 1614 MISTLETOE BLVD FW TX 76104