

Breakfast - 2 eggs, toast, bacon

Lancer Management

Author

Categories

Tools

Locations

Plate/Store

Yield 1 servings

Portion 1 servings

Num Portions 1

Prep

Cook

Finish

Shelf

Nutrition Facts

Serving Size 1 servings

Servings Per Container 1

Amount Per Serving

Calories 479 Calories From Fat 286

% Daily Value

Total Fat 32g 48%

Saturated Fat 11g 50%

Cholesterol 452mg 151%

Sodium 756mg 32%

Total Carbohydrates 27g 9%

Dietary Fiber 4g 16%

Protein 22g

Vitamin A 17% Vitamin C 0%

Calcium 10% Iron 19%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Descriptors

High in Protein

Good Source of Vitamin A

Good Source of Calcium

Good Source of Iron

Good Source of Fiber