

# Breakfast - 2 Eggs, Toast, Sausage

Lancer Management

**Author**

**Categories**

**Tools**

**Locations**

**Plate/Store**

**Yield** 1 servings

**Portion** 1 servings

**Num Portions** 1

**Prep**

**Cook**

**Finish**

**Shelf**

<b>Nutrition Facts</b>	
Serving Size 1 servings	
Servings Per Container 1	
Amount Per Serving	
<b>Calories</b> 530 <b>Calories From Fat</b> 318	
% Daily Value	
<b>Total Fat</b> 35g	53%
Saturated Fat 11g	51%
<b>Cholesterol</b> 479mg	160%
<b>Sodium</b> 744mg	31%
<b>Total Carbohydrates</b> 27g	9%
Dietary Fiber 4g	16%
<b>Protein</b> 27g	
Vitamin A 17%	Vitamin C 0%
Calcium 11%	Iron 22%
* Percent Daily Values are based on a 2000 calorie diet.	

The following items are not included in the label data

**Ingredient**

jelly

**Reason**

No nutrition information