

Breakfast - English Muffin, Butter, Jelly

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 236 Calories From Fat 113	
% Daily Value	
Total Fat 13g	19%
Saturated Fat 7g	33%
Cholesterol 31mg	10%
Sodium 382mg	16%
Total Carbohydrates 26g	9%
Dietary Fiber 2g	7%
Protein 5g	
Vitamin A 9%	Vitamin C 0%
Calcium 10%	Iron 8%
* 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