Date: 12/18/2008

Breakfast - Sausage, Egg, Cheese Muffin

Lancer Management

Author
Categories
Tools
Locations
Plate/Store

			Prep
Yield	1	Sandwich	**Cook**
Portion	1	servings	**Finish**
Num Portions	1		**Shelf**

Nutrition Facts

Serving Size 1 servings
Servings Per Container 1

Amount Per Serving

Calories 434 Calories From Fat 191

	% Daily Value
Total Fat 21g	32%
Saturated Fat 9g	38%
Cholesterol 265mg	88%
Sodium 764mg	32%
Total Carbohydrates 27g	9%
Dietary Fiber 2g	7%
Protein 22g	

Vitamin A	12%	Vitamin C	0%
Calcium	20%	Iron	15%

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

Nutrition Descriptors

High in Calcium
High in Protein
Good Source of Vitamin A
Good Source of Iron