

# Breakfast - Sausage, Egg, Cheese Tortilla

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** 575 Calories From Fat 303

% Daily Value

**Total Fat** 34g 51%

Saturated Fat 12g 55%

**Cholesterol** 493mg 164%

**Sodium** 900mg 37%

**Total Carbohydrates** 33g 11%

Dietary Fiber 0g 0%

**Protein** 33g

Vitamin A 19% Vitamin C 0%

Calcium 38% Iron 19%

\* 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

Good Source of Carbohydrates