
Breakfast - Side Sausage Patty

Lancer Management

Categories

Tools

Locations

Plate

Yield 1 servings

Portion 2 ea

Num Portions 1

Prep

Cook

Finish

Shelf

Nutrition Facts

Serving Size 2 ea
Servings Per Container 1

Amount Per Serving

Calories 196 **Calories From Fat** 142

% Daily Value

Total Fat 16g 24%

 Saturated Fat 4g 19%

 Trans Fat 0g

Cholesterol 62mg 21%

Sodium 431mg 18%

Total Carbohydrates 0g 0%

 Dietary Fiber 0g 0%

Protein 13g

Vitamin A	1%	Vitamin C	0%
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Calcium	1%	Iron	5%
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* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Descriptors

Sugar Free
High in Protein

Ingredients

breakfast sausage patties