

Nutrition Facts for Egg & Cheddar English Muffin

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV
	Serving size: 1 Portion	Total Fat 18g	22%	Total Carb. 26g
Saturated Fat 8g		38%	Fiber 2g	8%
<i>Trans Fat</i> 0g			Total Sugars 0g	
Cholesterol 395mg		131%	Incl. 0g Added Sugars	0%
Sodium 520mg		21%	Protein 23g	
Calories per serving	360	Vitamin D 10% · Calcium 25% · Iron 25% · Potassium 6%		

Ingredients

Eggs Large, English Muffin (muffins, english, plain, enriched, with ca prop (includes sourdough).), Cheddar Cheese

Contains

MILK, EGGS, WHEAT

Characteristics

Vegetarian · Corn Free · Tree Nut Free · Peanut Free