



MORNING MELTS

Nutrition Facts Report
Source: Custom

Yield: 4 (1.000 serving(s))
No. Ingredients: 9

Category: Basic Food
Manufacturer: (None)

Ingredients

- 4.000 item Nature's Own Honey Wheat English Muffin
- 0.333 c. Jam or Preserves
- 2.000 T. FRENCH'S Sweet & Tangy Honey Mustard
- 8.000 sl. Pork Canadian Style Bacon, Cured, Grilled
- 8.000 item Egg, Raw
- 0.500 t. Table Salt
- 0.250 t. Ground Black Pepper
- 2.000 t. Butter
- 8.000 sl. Colby Cheese

Nutrition Facts

Serving Size 1.00 serving(s) (297g)

Amount Per Serving			
Calories 678		Calories from Fat 318	
		% Daily Value	
Total Fat	35.3g		54 %
Saturated Fat	17.0g		85 %
Trans Fat	0.0g		
Cholesterol	508.2mg		169 %
Sodium	1783.5mg		74 %
Total Carbohydrate	48.8g		16 %
Dietary Fiber	1.3g		5 %
Sugars	17.5g		
Protein	42.3g		
Vitamin A	22 %	Calcium	45 %
Vitamin C	4 %	Iron	16 %

Instructions

FRUIT: 1 STARCH: 2 MEAT: 6 FAT: 2.5