



SPINACH & MUSHROOM BAGEL STRATA

Nutrition Facts Report
Source: Custom

Yield: 4 (1.000 serving(s))
No. Ingredients: 11

Category: Basic Food
Manufacturer: (None)

Ingredients

- 1.000 t. Corn Oil
- 0.500 c. Onions, Chopped
- 4.000 oz. Mushrooms
- 10.000 oz. FLAV-R-PAC Chopped Spinach, Frozen
- 3.000 item Cobblestone Mill Plain Bagels
- 1.000 c. SARGENTO FANCY Shredded Colby-Jack Cheese
- 4.000 item Egg, Raw
- 0.750 c. Reduced Fat Milk, 2%
- 1.000 T. FRENCH'S Napa Valley Style Dijon Mustard
- 0.500 t. Table Salt
- 0.250 t. Ground Black Pepper

Nutrition Facts

Serving Size 1.00 serving(s) (327g)

Amount Per Serving			
Calories	460	Calories from Fat	152
% Daily Value			
Total Fat	16.9g		26 %
Saturated Fat	8.3g		41 %
Trans Fat	0.0g		
Cholesterol	240.2mg		80 %
Sodium	1108.7mg		46 %
Total Carbohydrate	50.4g		17 %
Dietary Fiber	3.9g		15 %
Sugars	9.4g		
Protein	24.1g		
Vitamin A	115 %	Calcium	34 %
Vitamin C	12 %	Iron	8 %

Instructions