

# Bacon, Egg and Cheese English Muffin

## Nutrition Facts

Serving Size 1 Sandwich (126g)

Servings Per Container 1

Amount Per Serving

**Calories** 281 Calories From Fat 117

		% Daily Value*
<b>Total Fat</b>	13g	20%
Saturated Fat	5g	24%
Trans Fat	<1 g	0%
<b>Cholesterol</b>	229mg	76%
<b>Sodium</b>	631mg	26%
<b>Total Carbohydrate</b>	28g	9%
Dietary Fiber	1g	4%
Sugars	3g	

**Protein** 14g

Vitamin A 8% ● Vitamin C 0%

Calcium 30% ● Iron 15%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

**Ingredients:** Fresh Eggs; English Muffin (Wheat Flour [Barley Malt], Water, Yeast, Buttermilk, Whey, Salt, Sugar, Dough Conditioners, Soybean Oil, Calcium Sulfate, Calcium Peroxide, Dicalcium Phosphate, Monocalcium Phosphate, Calcium Propionate, Soy Flour, Wheat Gluten, Vinegar, Corn Flour, Corn Oil, Corn Meal); Bacon (Bacon cured with Water, Salt, Sugar, Smoke Flavoring, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite); American Cheese (Cultured Milk, Skim Milk, Water, Cream, Sodium Citrate, Salt, Sodium Phosphate, Sorbic Acid, Citric Acid, Acetic Acid, Enzymes, Soy Lecithin).

**Allergy Information:** Milk, Wheat, Soybeans, Eggs

