

# Egg and Cheese English Muffin

## Nutrition Facts

Serving Size 1 Sandwich (121g)

Servings Per Container 1

Amount Per Serving

**Calories** 254 Calories From Fat 99

		% Daily Value*
<b>Total Fat</b>	11g	16%
Saturated Fat	4g	20%
Trans Fat	<1 g	0%
<b>Cholesterol</b>	224mg	75%
<b>Sodium</b>	548mg	23%
<b>Total Carbohydrate</b>	28g	9%
Dietary Fiber	1g	4%
Sugars	2g	

**Protein** 13g

Vitamin A 8% ● Vitamin C 0%

Calcium 30% ● Iron 13%

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

		Calories	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:** 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); Fresh Eggs; 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