

Scrambled Eggs

Nutrition Facts

Serving Size 1/2 Cup (92g)

Servings Per Container 1

Amount Per Serving

Calories 181 **Calories From Fat** 108

		% Daily Value*
Total Fat	12g	18%
Saturated Fat	4g	19%
Trans Fat	<1 g	0%
Cholesterol	557mg	186%
Sodium	168mg	7%
Total Carbohydrate	<1g	0%
Dietary Fiber	<1g	0%
Sugars	<1g	

Protein 16g

Vitamin A 16% ● Vitamin C 0%

Calcium 5% ● Iron 10%

*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: Eggs (Liquid Whole Eggs, Citric Acid, Water).

Allergy Information: Eggs