



**Author**

**Categories** BREAKFAST

**Tools**

**Locations** STUDENT CENTER CAFE

**Plate/Store**

<b>Yield</b>	13.5	oz	<b>Prep</b>
<b>Portion</b>	13.5	oz	<b>Cook</b>
<b>Num Portions</b>	1		<b>Finish</b>
			<b>Shelf</b>

<b>Nutrition Facts</b>	
Serving Size 13.5 oz (383g)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories</b> 1193 Calories From Fat 689	
% Daily Value	
<b>Total Fat</b> 77g	115%
Saturated Fat 32g	143%
<b>Cholesterol</b> 559mg	186%
<b>Sodium</b> 1354mg	56%
<b>Total Carbohydrates</b> 106g	35%
Dietary Fiber 1g	3%
<b>Protein</b> 25g	
Vitamin A 26%	Vitamin C 1%
Calcium 25%	Iron 22%

\* Percent Daily Values are based on a 2000 calorie diet.

**Nutrition Descriptors**

High in Vitamin A  
High in Calcium  
High in Iron  
High in Carbohydrates  
High in Protein  
Good Source of Potassium

**Ingredients**

EGG, PORK BACON L/O G&S 14/16, SYRUP PANCAKE, MILK, all purpose flour, BUTTER, granulated case sugar, baking powder, SPICE SALT