



Author

Categories BREAKFAST

Tools

Locations STUDENT CENTER CAFE

Plate/Store

Yield	12.5	oz	Prep
Portion	12.5	oz	Cook
Num Portions	1		Finish
			Shelf

Nutrition Facts	
Serving Size 12.5 oz (354g)	
Servings Per Container 1	
Amount Per Serving	
Calories 529	Calories From Fat 232
% Daily Value	
Total Fat 26g	39%
Saturated Fat 8g	38%
Cholesterol 438mg	146%
Sodium 1133mg	47%
Total Carbohydrates 48g	16%
Dietary Fiber 9g	38%
Protein 22g	
Vitamin A 19%	Vitamin C 5%
Calcium 22%	Iron 24%
* Percent Daily Values are based on a 2000 calorie diet.	

Nutrition Descriptors

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

Ingredients

EGG, WATER, SALSA FRESH MILD, CHED/JACK FEATH SHRED, DEHIDRATED HASHBRN, BUTTER 30/1#, OIL VEGETABLE, SALT EVAP PLAIN UNIPRO, PEPPER BLK GRND