



Author

Categories BREAKFAST

Tools

Locations STUDENT CENTER CAFE

Plate/Store

| | | | |
|---------------------|---|----|---------------|
| Yield | 9 | oz | Prep |
| Portion | 9 | oz | Cook |
| Num Portions | 1 | | Finish |
| | | | Shelf |

| Nutrition Facts | |
|--------------------------------|-----------------------|
| Serving Size | 9 oz (255g) |
| Servings Per Container | 1 |
| Amount Per Serving | |
| Calories 657 | Calories From Fat 306 |
| % Daily Value | |
| Total Fat 34g | 51% |
| Saturated Fat 17g | 75% |
| Cholesterol 378mg | 126% |
| Sodium 802mg | 33% |
| Total Carbohydrates 66g | 22% |
| Dietary Fiber 7g | 30% |
| Protein 20g | |
| Vitamin A 27% | Vitamin C 3% |
| Calcium 12% | Iron 67% |

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

Nutrition Descriptors

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

Ingredients

SOURDOUGH, EGG, BUTTER, CINNAMON GROUND, powdered 10 x sugar