



Author

Categories BREAKFAST

Tools

Locations STUDENT CENTER CAFE

Plate/Store

| | | | |
|---------------------|------|----|---------------|
| Yield | 15.5 | oz | Prep |
| Portion | 15.5 | oz | Cook |
| Num Portions | 1 | | Finish |
| | | | Shelf |

| Nutrition Facts | |
|--------------------------------|-----------------------|
| Serving Size 15.5 oz (439g) | |
| Servings Per Container 1 | |
| Amount Per Serving | |
| Calories 788 | Calories From Fat 463 |
| % Daily Value | |
| Total Fat 51g | 77% |
| Saturated Fat 23g | 105% |
| Cholesterol 731mg | 244% |
| Sodium 1506mg | 63% |
| Total Carbohydrates 39g | 13% |
| Dietary Fiber 7g | 30% |
| Protein 36g | |
| Vitamin A 40% | Vitamin C 2% |
| Calcium 14% | Iron 46% |

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

Nutrition Descriptors

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

Ingredients

EGG, SOURDOUGH, WATER, HAM TAVERN, BUTTER, CHDR MILD SHRD FTTHR YEL, DEHIDRATED HASHBRN, BUTTER 30/1#, OIL VEGETABLE, SALT EVAP PLAIN UNIPRO, PEPPER BLK GRND