



Author

Categories Breads, BREAKFAST

Tools

Locations STUDENT CENTER CAFE

Plate/Store

Yield	7	qt	Prep
Portion	3	fl oz	Cook
Num Portions	74.67		Finish
			Shelf

Nutrition Facts	
Serving Size	3 fl oz
Servings Per Container	about 75
Amount Per Serving	
Calories 189	Calories From Fat 56
% Daily Value	
Total Fat 6g	9%
Saturated Fat 3g	16%
Cholesterol 50mg	17%
Sodium 336mg	14%
Total Carbohydrates 28g	9%
Dietary Fiber 1g	3%
Protein 5g	
Vitamin A 5%	Vitamin C 1%
Calcium 17%	Iron 9%
* Percent Daily Values are based on a 2000 calorie diet.	

Nutrition Descriptors

Good Source of Calcium
Good Source of Protein

Ingredients

MILK, all purpose flour, EGG, BUTTER, granulated case sugar, baking powder, SPICE SALT