

Nutrition Facts

Serving Size 1 cup (43g) dry mix
(Makes 3/4 cup prepared)
Servings Per Container About 13

Amount Per Serving

Calories 230

Calories From Fat 130

% Daily Value*

Total Fat 14g 22%

Saturated Fat 4g 20%

Trans Fat 0g

Cholesterol 405mg 135%

Sodium 690mg 29%

Total Carbohydrate 7g 2%

Dietary Fiber 0g 0%

Sugars 4g

Protein 16g 32%

Vitamin A 10% • Vitamin C 2%

Calcium 20% • Iron 10%

*Percent Daily Values (DV) are based on a 2,000-Calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carb.		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

INGREDIENTS:

Precooked Scrambled Eggs*:
Whole Eggs (glucose removed
for stability) • Egg Yolk • Nonfat
Dry Milk • Modified Corn Starch
• Corn Oil • Salt • Yeast Extract •
Sunflower Oil • Smoke Flavor •
Xanthan Gum

Bacon*: Bacon (cured with
water, salt, sugar, sodium
phosphate, sodium
erythorbate, sodium nitrite) •
Smoke Flavor

*Freeze Dried

CONTAINS: Milk, Egg

GLUTEN FREE

Serving sizes are based on
USDA/FDA 'Reference Amounts
Customarily Consumed' and are for
comparison purposes. Your mileage
will vary based on your metabolism
and activity level. We recommend
determining your caloric needs and
basing your purchasing decisions on
calories rather than 'servings'.

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