

Nutrition Facts

Serving Size 1 cup (70g) dry mix
(Makes 1 cup prepared)
Servings Per Container About 10

Amount Per Serving

Calories 400

Calories From Fat 220

% Daily Value*

Total Fat 24g 37%

Saturated Fat 7g 35%

Trans Fat 0g

Cholesterol 245mg 82%

Sodium 920mg 38%

Total Carbohydrate 30g 10%

Dietary Fiber 4g 16%

Sugars 5g

Protein 14g 28%

Vitamin A 10% • Vitamin C 15%

Calcium 15% • 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:

Hash Browns*: Potato • Vegetable Oil (may contain: canola, sunflower, cottonseed, palm, corn, soybean, hydrogenated soybean, hydrogenated cottonseed oils) • Salt • Dehydrated Potato • Enriched Bleached Flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid) • Potassium Sorbate (to maintain freshness) • Natural Flavoring • Disodium Dihydrogen Pyrophosphate (color retention) • Dextrose

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

Pork Sausage Patty*: Sausage (pork, salt, spice, sugar) • Textured Vegetable Protein (soy flour, salt) • Red and Green Bell Pepper* • Dehydrated Onion

*Freeze Dried

CONTAINS: Egg, Milk, Wheat, Soy

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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