

Protein Pile-Up Scramble

Number of Servings: 1 (138.34 g per serving)

Ingredient	Comments
Eggs, scrambled, fzn mixture	
Cheese, cheddar, shredded	
Bacon	
Sausage, pork, bulk, ckd f/fzn, USDA	
Ham	

Nutrition Facts	
Serving Size about 3/4 cup (138g)	
Servings Per Container	
Amount Per Serving	
Calories 290	Calories from Fat 170
% Daily Value*	
Total Fat 18g	28%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 105mg	35%
Sodium 670mg	28%
Total Carbohydrate 7g	2%
Dietary Fiber 0g	0%
Sugars 7g	
Protein 23g	
Vitamin A 10%	• Vitamin C 0%
Calcium 10%	• Iron 2%
*Percent Daily Values 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
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

2/16/2009 9:20:09 AM



