

903334-IPP TP Egg Bite w/ Cheese WW Muffin

Number of Servings: 1 (135.79 g per serving)

Weight: 135.79 g

Nutrition Facts

Serving Size (136g)
Servings Per Container

Amount Per Serving

Calories 400 Calories from Fat 140

% Daily Value*

Total Fat 16g **25%**

 Saturated Fat 8g **40%**

 Trans Fat 0g

Cholesterol 105mg **35%**

Sodium 550mg **23%**

Total Carbohydrate 31g **10%**

 Dietary Fiber 5g **20%**

 Sugars 3g

Protein 20g

Vitamin A 8% • Vitamin C 0%

Calcium 35% • Iron 8%

*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 |

Ingredients:

Egg Bite (Cottage Cheese {Cultured Nonfat Milk, Milk, Nonfat Milk, Whey, Salt, Maltodextrin, Citric Acid, Carrageenan, Mono and Diglycerides, Locust Bean Gum, Guar Gum, Natural Flavors, Vitam A Palmitate, Carbon Dioxide [Preservative], Enzymes}, Eggs {Eggs, Citric Acid}, Monterey Jack Cheese {Pasturized Milk, Cheese Culture, Salt Enzymes, Potato Starch, Powdered Cellulose, Natamycin [Mold Inhibitor]}, Unsalted Butter {Pasteurized Cream, Natural Flavors}, Gruyere Cheese {Pasteurized Part-Skim Milk, Cheese Culture, Salt, Enzymes, Potato Starch, Powdered Cellulose Natamycin [Mold Inhibitor]}, Uncured Bacon {Pork Belly, Water, Sea Salt, Cane Sugar, Natural Flavors, Celery Juice Powder}, Rice Starch, Hot Sauce {Distilled Vinegar, Red Pepper, Salt}, Salt), English Muffin (Whole Wheat Flour, Water, Enriched Flour [Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Yeast, Wheat Gluten, Soybean Oil, Sugar, Salt, Calcium Propionate, Fumaric Acid, Baking Soda, Monocalcium Phosphate, Calcium Sulfate, Ammonium Sulfate), Reduced Fat/Sodium American Cheese (Cultured Skim Milk And Milk, Water, Sodium Citrate, Salt, Potassium Citrate, Annatto and Paprika [Color], Cream, Enzymes, Sorbic Acid [Preservative], Sunflower Lecithin [Anti-Sticking Agent]).

Allergens:

Contains Egg, Milk, Soy, Wheat.

Notes:

Bacon Egg Bite w/ Cheese on English Muffin