

Add Ingredients

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Ingredient*	Amount*	Unit*	Waste* ⓘ		Grams
✓ Egg, whole, cooked, fried	1.5	Oz	0	%	42.5
✓ Cheese, cheddar, reduced fat (In...	0.5	Oz	0	%	14.2
🍴 Bellpepper	0.5	Oz	0	%	14.2
✓ Mushrooms, white, raw	0.5	Oz	0	%	14.2
✓ Wheat flour, white, all-purpose, ...	1.6	Oz	0	%	45.4
✓ Butter, salted	0.25	Oz	0	%	7.1
✓ Salt, table	0.02	Oz	0	%	0.6
✓ Beverages, water, tap, drinking	0.3	Oz	0	%	8.5
Add Ingredient		g		%	
Gross Weight					146.6
Recipe Yield Adjustments <a href="#">Edit</a>					0
Net Weight					146.6

Can't find your ingredient?

Add your own ingredient

📋

Not sure you've done it right?  
Get your label reviewed by an expert

Get your label reviewed by an expert

👤

Don't have time to do it?  
Hire a labeling expert to do it for you

Hire a Labeling Expert

Recipe Tags ⓘ

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Nutrition Breakdown ⓘ

Recipe Card ⓘ

Possible Nutrition Claims ⓘ👑

Nutrition Facts

About 1 Serving Per Container	
Serving Size	147g
Amount Per Serving	
Calories	350
% Daily Value *	
Total Fat 15g	20%
Saturated Fat 7g	37%
Trans Fat 0g	
Cholesterol 195mg	66%
Sodium 990mg	45%
Total Carbohydrates 36g	13%
Dietary Fiber 2g	5%
Total Sugars <1g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 1mcg	6%
Calcium 290mg	20%
Iron 3mg	15%
Potassium 200mg	4%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Ingredients: All-Purpose Flour, Egg, Cheddar Cheese, Bellpepper, White Mushrooms, Water, Salted Butter, Salt

Contains: Wheat, Eggs, Milk

