

Farmer Style Eggs

Ingredients

Egg Substitute, new, Potatoes, Milk, nonfat/skim, w/add vit A & D, Onion, Ham Buffet Flat, Salt, Pepper.

Nutrients per serving

Nutrition Facts	
Serving Size (106g)	
Servings Per Container	
Amount Per Serving	
Calories 60	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 310mg	13%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 6g	
Vitamin A 4%	• Vitamin C 6%
Calcium 4%	• Iron 4%
*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 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	