

# Scrambled Eggs

## Ingredients

Eggs, large, raw, Milk, Margarine, soft, safflower oil.

## Nutrients per serving

<b>Nutrition Facts</b>	
Serving Size 4 ounce (113g)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories 170</b>	<b>Calories from Fat 110</b>
% Daily Value*	
<b>Total Fat 12g</b>	<b>18%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol 385mg</b>	<b>128%</b>
<b>Sodium 150mg</b>	<b>6%</b>
<b>Total Carbohydrate 3g</b>	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 1g	
<b>Protein 11g</b>	
Vitamin A 15%	• Vitamin C 0%
Calcium 6%	• 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    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	