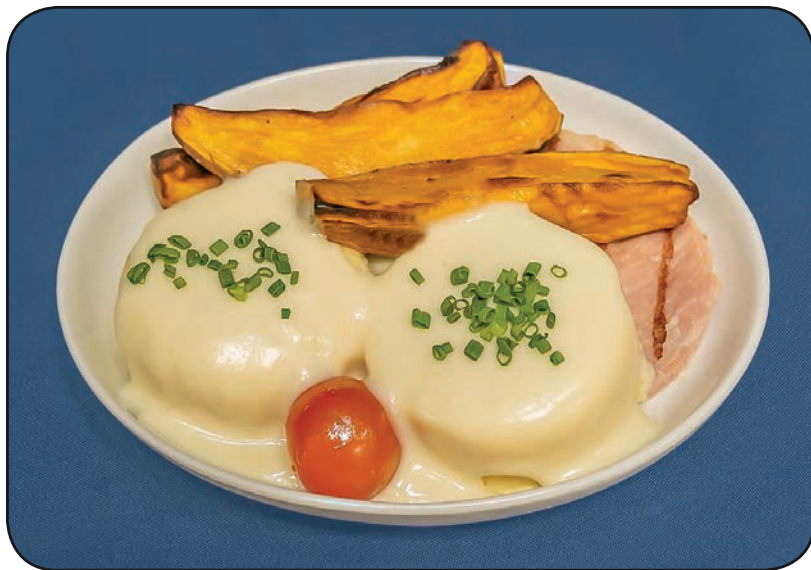


Cycle 1

Denver Egg Bites

Denver egg bites with ham, peppers and onions topped with Mornay sauce.
Served with roasted sweet potatoes and grilled Canadian bacon



WIMS #: 30285

Allergens: Eggs, milk

Denver Egg Bites with Sweet Potatoes, Canadian Bacon, Mornay	
Nutrition Facts	
Serving size 11.0 oz (311 g)	
Servings per container None	
Amount per serving	
Calories 470	
Calories from fat 230	
% Daily Value *	
Total fat 26 g	34%
Saturated fat 14 g	69%
Trans fat 0 g	
Cholesterol 215 mg	71%
Sodium 1360 mg	59%
Total carbohydrates 29 g	10%
Dietary fiber 2 g	8%
Sugars 8 g	
Protein 30 g	
Vitamin A 420%	Vitamin C 20%
Calcium 25%	Iron 10%
* % Daily Values are based on a 2000 calorie diet.	
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