

Egg White Breakfast Sandwich

Egg whites with red pepper, scallions and smoked Gouda cheese on a whole wheat English muffin



WIMS# 30427

Allergens: Milk, eggs, soy, wheat

Egg White Breakfast Sandwich	
Nutrition Facts	
1 servings per container	
Serving size	1 sandwich (150 g)
Amount per serving	
Calories	270
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 270mg	90%
Sodium 690mg	30%
Total Carbohydrate 26g	9%
Dietary Fiber 3g	11%
Total Sugars 1g	
Includes 1g Added Sugars	2%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 219mg	15%
Iron 2mg	15%
Potassium 120mg	3%
<small>* 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.</small>	
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