

Cycle 3

Baked Breakfast Skillet

Oven baked scrambled eggs with spinach, mushrooms, Piquero peppers, Manchego cheese, crema, goat cheese, and chorizo



WIMS# 35041

Allergens: eggs, milk, soy

Skillet w/ Spinach, Mushrooms, Goat Cheese & Chorizo	
Nutrition Facts	
1 servings per container	
Serving size	1 meal (226 g)
Amount per serving	
Calories	550
% Daily Value*	
Total Fat 40g	51%
Saturated Fat 21g	105%
<i>Trans</i> Fat 0g	
Cholesterol 405mg	135%
Sodium 1550mg	67%
Total Carbohydrate 14g	5%
Dietary Fiber 5g	18%
Total Sugars 4g	
Protein 37g	
Vitamin D 0mcg	0%
Calcium 635mg	50%
Iron 7mg	40%
Potassium 1030mg	22%
<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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