

Cycle 3

Breakfast Crepes

Savory breakfast crepes stuffed with ham and Gruyere cheese and topped with Hollandaise sauce



WIMS# 32003 Allergens: Egg, Milk, Soy, Wheat

Breakfast Crepes

Nutrition Facts	
1 servings per container	
Serving size	1 meal (255 g)
Amount per serving	
Calories	1010
% Daily Value*	
Total Fat 77g	99%
Saturated Fat 40g	198%
Trans Fat 0g	
Cholesterol 1050mg	350%
Sodium 2110mg	92%
Total Carbohydrate 28g	10%
Dietary Fiber 0g	0%
Total Sugars 5g	
Protein 47g	
Vitamin D 0.00mcg	0%
Calcium 403mg	33%
Iron 4.1mg	25%
Potassium 530mg	13%

* 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.