

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

\* 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.

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