

WFS Scrambled Eggs & Ham

Nutrition Facts

Serving Size: 16 oz (454g)

Servings Per Container: 1

Amount Per Serving

Calories 370 Calories from Fat 250

% Daily Value*

Total Fat 27g **42%**

Saturated Fat 6g **30%**

Trans Fat 0g

Cholesterol 400mg **133%**

Sodium 1200mg **50%**

Total Carbohydrate 7g **2%**

Dietary Fiber 1g **4%**

Sugars 2g

Protein 24g

Vitamin A 35% • Vitamin C 90%

Calcium 8% • Iron 15%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: EGG, HAM, LEMON JUICE, RED BELL PEPPERS, ONIONS, EXTRA VIRGIN OLIVE OIL, PARSLEY, KOSHER SALT, BLACK PEPPER

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