

Watson's Whisked Eggs

Servings:	1.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-52385
School:	John Glenn High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD W/BCN CHS	2 Ounce		533034

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	1.750
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 2.00 Ounce			
Amount Per Serving			
Calories		120.00	
Fat		9.00g	
SaturatedFat		3.00g	
Trans Fat*		0.00g	
Cholesterol		170.00mg	
Sodium		280.00mg	
Carbohydrates		1.00g	
Fiber		0.00g	
Sugar		1.00g	
Protein		8.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	0.72mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

Calories		211.64	
Fat		15.87g	
SaturatedFat		5.29g	
Trans Fat*		0.00g	
Cholesterol		299.83mg	
Sodium		493.84mg	
Carbohydrates		1.76g	
Fiber		0.00g	
Sugar		1.76g	
Protein		14.11g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	105.82mg	Iron	1.27mg

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