



Breakfast Egg Bake

[Diced potatoes](#), [bacon bits](#), [sausage crumbles](#), or [ham](#) (omitted for vegetarian), onion, green pepper, [cheddar cheese](#), [veggie magic seasoning](#), [herb & garlic seasoning](#), [egg](#), [sour cream](#)

Nutrition information based on dividing a full-size meal into 8 servings or a half-size meal into 4 servings.

Nutrition Facts	
Breakfast Egg Bake -- Sausage (freezer)	
8 servings per container	
Serving Size	1.00 each
Amount per serving	
Calories	439
	%Daily Value*
Total Fat 30g	38%
Saturated Fat 5.4g	27%
Trans Fat 0.3g	
Cholesterol 223mg	74%
Sodium 817mg	36%
Total Carbohydrate 20g	7%
Dietary Fiber 1.2g	4%
Total Sugars 1.9g	
Includes 0g Added Sugars	0%
Proteins 18g	
Vitamin D 0.2mcg	1%
Calcium 242mg	19%
Iron 0.7mg	4%
Potassium 100mg	2%
Phosphorus 134mg	11%

* 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.

Nutrition Facts	
Breakfast Egg Bake -- Sausage (single)	
8 servings per container	
Serving Size	1.00 each
Amount per serving	
Calories	585
	%Daily Value*
Total Fat 40g	51%
Saturated Fat 7.1g	36%
Trans Fat 0.3g	
Cholesterol 298mg	99%
Sodium 1111mg	48%
Total Carbohydrate 27g	10%
Dietary Fiber 1.5g	5%
Total Sugars 2.5g	
Includes 0g Added Sugars	0%
Proteins 25g	
Vitamin D 0.2mcg	1%
Calcium 323mg	25%
Iron 0.9mg	5%
Potassium 133mg	3%
Phosphorus 178mg	14%

* 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.