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	
Cholestrol 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)

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	
Cholestrol 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.