



## Nutrition Facts

English Muffin Made With Whole Grain, Turkey Sausage, Egg White & Cheese

Serving Size:  sandwich (145g)

Amount Per Serving	
Calories 250	Calories from Fat 72
	% Daily Value*
<b>Total Fat</b> 8g	<b>12%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 650mg	<b>27%</b>
<b>Potassium</b> 260mg	<b>7%</b>
<b>Total Carbohydrates</b> 28g	<b>9%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 2g	
<b>Protein</b> 17g	
<b>Vitamin A</b>	4%
<b>Vitamin C</b>	0%
<b>Calcium</b>	20%
<b>Iron</b>	15%

\* Percent Daily Values are based on a 2000 calorie diet.