

BACON EGG & CHEESE

	OZ	TOTAL CALORIES	CALORIES FROM FAT	TOTAL FAT	SAT FAT	TRANS FAT/ SLICE	CHOLESTEROL MG	SODIUM MG	TOTAL CARBS 1 SLICE G	DIETARY FIBER G	SUGARS G	PROTEIN G	VITAMIN A %	VITAMIN C %	CALCIUM MG	IRON MG
3" BRIOCHE BUN	0.5	55.0	2.3	5.0	2.5	0	12.5	110.0	0	0	0	3.5	0	0	105.0	0
BACON	0.8	100	72	0.0745	2.925	0	20.27	359.5	0.9	0	1.425	5.595	0.065	0.205	0.04	0
FRIED EGG (LG)	1.600	90	60	7	2	0	210	95	0.6	0	0	6.3	6	0	3	5
AMERICAN CHEESE	0.5	50	35	4	2.5	0	12.5	220	1	0	0.5	2.5	0.04	0	0.075	0
MAYO	0.5	27.5	25	2.75	0.5	0	1.25	19	0	0	0	0	0	0	0	0
TOTAL	3.9	322.5	194.3	18.8	10.4	0	256.5	803.5	2.5	0	1.9	17.9	6.1	0.2	108.1	5.0