

SIMPLE SAVVY ANGUS BEEF

	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	1.1	100	35	1.5	1	0	5	140	15	1	3	3	0.0415	0	30	0.4
ANGUS BEEF	2.8	260	180	20	8	0	70	55	1	0	0	18	0	0	0	10%
PICKLES	0.33	1.25	0	0	0	0	0	65	0.25	0	0	0	0	0	0	0
GRILLED ONIONS	0.5	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0
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
KETCHUP	0.3	9	0	0	0	0	0	100	2.3	0.01	2	0.2	0	0	0	0
MAYO	0.2	13.25	12.5	1.38	0.25	0	0.625	9.5	0	0	0	0	0	0	0	0
TOTAL	5.7	438.5	262.5	26.88	11.75	0	88.125	589.5	19.55	1.01	5.5	23.7	0.0815	0	30.075	50%
ADD ITEMS	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2ND PATTY	2.8	265	162	18	7	0	49.5	125	1	0	0	12.5	0	0	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
TOTAL	9.2	803.5	496.5	44.9545	21.675	0	157.895	1074	21.45	1.01	6.925	41.795	0.1465	0.205	30.115	50%