

SIMPLE SAVVY

	OZ	TOTAL CALORIES	CALORIES FROM FAT	TOTAL FAT	SAT FAT	TRANS FAT/ SLICE	CHOLESTERAL MG	SODIUM MG	TOTAL CARBS 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	2.75	260	180	20	8	0	70	55	1	0	0	18	0	0	0	0.1
PICKLES	0.01	1.25	0	0	0	0	0	65	0.25	0	0	0	0	0	0	0
GRILLED ONIONS	0.5	0	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	0.33	9	0	0	0	0	0	100	2.3	0.01	2	0.2	0	0	0	0
MUSTARD	0.15	0	0	0	0	0	0	55	0	0	0	0	0	0	0	0
TOTAL	5.34	420.25	250	25.5	11.5	0	87.5	635	19.55	1.01	5.5	23.7	0.0815	0	30.075	0.5
ADD ITEMS																
2ND PATTY	2.75	260	180	20	8	0	70	55	1	0	0	18	0	0	0	0.1
BACON	0.75	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	1.62	92	45	6.8	1.97	0	184.5	95.2	69.9	0.4	0	0.38	6.27	10	0	2
AVOCADO	1.5	161	134	14.73	2.137	0	0	7	8.57	6.7	0.66	2.01	1	11	1	0