

Nutrition Facts (Unprepared)			
Serving Size 85.0 g			
Servings Per Container 84			
Amount Per Serving			
Calories 140.0		Calories from fat 90.0	
		% Daily Value*	
Total Fat	10.0 g		13.0%
Saturated Fat	3.5 g		18.0%
Trans Fat	0.0 g		
Polyunsaturated Fat	2.0 g		
Monounsaturated Fat	3.0 g		
Cholesterol	250.0 mg		83.0%
Sodium	300.0 mg		13.0%
Potassium	150.0 mg		4.0%
Total Carbohydrate	3.0 g		1.0%
Dietary Fiber	0.0 g		0.0%
Sugar	2.0 g		
Protein	9.0 g		18.0%
Vitamin A	122.0 µg		15.0%
Vitamin C	0.0 mg		0.0%
Calcium	63.0 mg		4.0%
Iron	1.0 mg		6.0%
Vitamin D	1.0 µg		6.0%
Vitamin B6	0.11 mg		6.0%
Vitamin B12	0.58 µg		25.0%
Zinc	1.05 mg		6.0%

(-) Information is currently not available for this nutrient.

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:**

** Percent Daily Values listed below are intended for adults and children over 4 years of age. Foods represented or purported to be for use by infants, children less than 4 years of age, pregnant women, or lactating women shall use the RDI's that are specified for the intended group provided by the FDA.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Potassium		3500mg	3500mg
Total Carbohydrates		300mg	375mg
Dietary Fiber		25mg	30mg

Calories per gram:

Fat 9Carbohydrate 4Protein 4

Ingredients:

WHOLE EGGS, WHEY, DRIED CREAM CHEESE (CREAM CHEESE (PASTEURIZED MILK AND CREAM, CHEESE CULTURE, SALT, CAROB BEAN GUM), NON-FAT DRIED MILK, SODIUM PHOSPHATE), CONTAINS 2% OR LESS OF THE FOLLOWING: SOYBEAN OIL, MODIFIED FOOD STARCH, SALT, XANTHAN GUM, CITRIC ACID, GUAR GUM, WHITE PEPPER, NATURAL BUTTER FLAVOR