

Nutrition Facts

Egg & Cheese English Muffin

Amount Per Serving

Calories 307.8

Calories from Fat 140.9

% Daily Value*

Total Fat 16g **25%**

Saturated Fat 5.6g **28%**

Trans Fat 0g

Cholesterol 262.5mg **88%**

Sodium 589.9mg **25%**

Total Carbohydrates 27g **9%**

Dietary Fiber 2.1g **8%**

Sugars 2.5g

Protein 15.2g

Vitamin A **0%**

Vitamin C **2%**

Calcium **13%**

Iron **19%**

Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.