

Nutrition Facts

Egg, Bacon & Cheese English Muffin

Amount Per Serving

Calories 497.8

Calories from Fat 306.9

% Daily Value*

Total Fat 34.4g **53%**

 Saturated Fat 12.1g **61%**

Trans Fat 0g

Cholesterol 291.5mg **97%**

Sodium 946.7mg **39%**

Total Carbohydrates 27.2g **9%**

 Dietary Fiber 2.1g **8%**

 Sugars 2.6g

Protein 20.7g

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.