

# Big Breakfast

One (1) – 18 oz. serving

## NUTRITIONAL INFORMATION

Per Serving / 18 oz.

**Calories** 1110    **Calories from Fat** 580

	<b>Amount</b>	<b>% Daily Value</b>
<b>Total Fat</b>	65g	100%
<b>Saturated Fat</b>	25g	127%
Trans Fat	0g	
Polyunsaturated Fat	3g	
Monounsaturated Fat	6g	
<b>Cholesterol</b>	675mg	225%
<b>Sodium</b>	2560mg	107%
<b>Total Carbohydrate</b>	96g	32%
Dietary Fiber	4g	15%
Sugars	42g	
<b>Protein</b>	39g	77%
<b>Vitamin A</b>		30%
<b>Vitamin C</b>		6%
<b>Calcium</b>		20%
<b>Iron</b>		30%

*\*Percent Daily Values are based on a 2,000 calorie diet*

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<b>Ingredients (per menu item)</b>	<b>Cal</b>	<b>Fat</b>	<b>Carbs</b>
2        Eggs	202.7	13.5g	1.0g
4 oz.    Hash Brown Potato	229.5	13.5g	28.4g
3        Maple Pepper Bacon (strip)	180.0	15.0g	0.0g
2 oz.    Maple Syrup	131.5	0.0g	32.9g
4 oz.    Waffle	265.5	11.7g	33.6g
1/2 oz.   Butter	101.2	11.1g	0.0g

**S A U L G O O D**

*Restaurant & Pub*