

# Scrambled Eggs with Cheese

## Ingredients

Milk, Cheese, American, yellow, deli slice, Eggs, Margarine, soft, safflower oil.

## Nutrients per serving

<b>Nutrition Facts</b>	
Serving Size (51g)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories 130</b>	<b>Calories from Fat 100</b>
% Daily Value*	
<b>Total Fat 11g</b>	<b>17%</b>
Saturated Fat 6g	<b>30%</b>
Trans Fat 0g	
<b>Cholesterol 55mg</b>	<b>18%</b>
<b>Sodium 290mg</b>	<b>12%</b>
<b>Total Carbohydrate 1g</b>	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 1g	
<b>Protein 6g</b>	
Vitamin A 8%	• Vitamin C 0%
Calcium 15%	• Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300 mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	