

Nutritional Information for EGG SCRMBD CKD FZ 4-5# GFS

Product Number:	584584
Description:	AP Egg Scrambled PreCkd, GFS

Nutritional Information			
Serving Size 9 tbsp (123 g)			
Amount Per Serving			
Calories 148		Calories from Fat 66	
% Daily Value			
Total Fat	7 g	11%	
Saturated Fat	3 g	12%	
Trans Fat	0 g		
PolyUnSat	n/a	n/a	
MonoUnSat	n/a	n/a	
Cholesterol	234 mg	78%	
Sodium	443 mg	18%	
Potassium	209 mg	6%	
Total Carbs	2 g	1%	
Dietary Fiber	0 g	0%	
Sugars	2 g	n/a	
Protein	15 g	30%	
Vitamin A -	15%	Vitamin C -	0%
Calcium -	5%	Iron -	10%
Percent Daily Values are based on a 2,000 calorie diet			
Calories Per Gram:			
	Fat 9	Carbohydrates 4	Protein 4

School Equivalents		Fat Soluble Vitamins	
9 TBSP		Vitamin D	n/a
Meat/Meat Alternative	2.00 oz	Vitamin D	n/a
Fruit/Vegetables	0.00 cup	Vitamin E	n/a
Grain/Bread	0.00 srv	Vitamin K	n/a
Child Nutrition Label	Yes	Vitamin A	738 IU
		Vitamin A	n/a

Water Soluble Vitamins		Minerals	
Thiamin B1	n/a	Phosphorus	n/a
Riboflavin B2	n/a	Zinc	n/a
Niacin B3	n/a	Magnesium	n/a
Pyridoxine B6	n/a	Copper	n/a
Cobalamin B12	n/a	Selenium	n/a
Pantothenic Acid	n/a	Calcium	49 mg
Vitamin C	0 mg	Iron	2 mg
Folic Acid	n/a	Manganese	n/a
		Iodine	n/a