

[Serving Size](#)

Nutrition Facts

(Heat and Serve)

140 Servings Per Container

Serving Size **2 Each**

Amount Per Serving

Calories **280**

	% Daily Value*
Total Fat 21 g	27%
Saturated Fat 10 g	50%
Trans Fat 0 g	
Cholesterol 220 mg	73%
Sodium 1180 mg	51%
Total Carbohydrate 6 g	2%
Dietary Fiber 0 g	0%
Sugar 2 g	0%
Protein 20 g	40%
Vitamin D 1.6 µg	8%
Potassium 260 mg	6%
Calcium 160 mg	10%
Iron 1.2 mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients

Eggs, Cottage Cheese, (Skim Milk, Milk, Less Than 2%: Cream, Guar Gum, Calcium Sulfate, Locust Bean Gum, Carageenan, Mono And Diglycerides, Sodium, Phosphate, Potassium Phosphate, Dextrose, Water, Citric Acid, Lactic Acid, Phosphoric Acid, Natural Flavorings, Salt, Potassium Sorbate, Calcium, Chloride, Cultures, Enzymes) Bacon (Cured With: Water, Salt, May Contain Sugar And/Or Honey, May Contain Smoke Flavoring, Sodium Phosphate, Sodium Erythorbate, May Contain Natural Flavoring, Sodium Nitrite) Pasteurized Process Cheddar And Monterey Jack Cheese (Cheese Cultured Milk, Salt Enzymes, Water Cream, Sodium Phosphates, Salt, Sorbic Acid (Preservative) Natamycin (Preservative) Vegetable Color (Annatto And Paprika Extract) Reconstituted Skim Milk, Butter (Cream Salt) Corn Starch, Pepper Sauce (Vinegar, Red Pepper, Salt) Salt Xanthan Gum, Citric Acid.