

Breakfast Sandwich: Scrambled Egg Patty, Turkey Sausage, Jalapeño Monterey Jack Cheese on Sourdough English Muffin

Nutrition Facts

Serv size 1 Sandwich (181 g)

Calories 380

Calories from Fat 170

* Percent Daily Values (DV) are based on a 2000 calorie diet

Amount/Serving % Daily Value*

Total Fat 19g 29%

Sat. Fat 7g 35%

Trans Fat 0g

Cholesterol 205mg 68%

Sodium 750mg 31%

Vitamin A 10% • Vitamin C 0%

Amount/Serving % Daily Value*

Total Carbohydrate 26g 9%

Dietary Fiber 2g 8%

Sugars 2g

Protein 24g

Calcium 41% • Iron 18%

INGREDIENTS: EGG PATTY (WHOLE EGGS, WHEY, SKIM MILK, SOYBEAN OIL), TURKEY SAUSAGE (TURKEY, WATER, POTATO STARCH, DEXTROSE, SUGAR, SALT, POTASSIUM CHLORIDE, SPICES), MONTEREY JACK CHEESE (PASTEURIZED CULTURED MILK, JALAPENO AND BELL PEPPERS, SALT, ENZYMES), SOURDOUGH ENGLISH MUFFIN (WATER, ENRICHED UNBLEACHED WHEAT FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN AND FO-LIC ACID], WHOLE WHEAT FLOUR, YEAST, SUGAR, VITAL WHEAT GLUTEN. CONTAINS 2% OR LESS: SALT, DISTILLED VINEGAR, VEGETABLE OIL [CANOLA AND/OR SOY], YEAST NUTRIENT [AMMO-NIUM SULPHATE], DOUGH CONDITIONERS [PROTEASE, ASCORBIC ACID, MONO-DIGLYCERIDES], FUMARIC ACID, SODIUM DIACETATE, LACTIC ACID, CALCIUM PROPIONATE AND POTASSIUM SOR-BATE [MOLD INHIBITORS], ENZYMES, NONFAT DRY MILK).
CONTAINS: EGG, MILK, SOY, WHEAT.

Sonoma Muffin Works

1454 Industrial Ave • Sebastopol, CA 95472 • (707) 823-2587 • info@sonomamuffin.com