

Breakfast	Portion Size	Calories	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fibre	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
		(kcal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(% DV)	(% DV)	(% DV)	(% DV)
<b>Recipe Name</b>															
Big Breakfast	333 grams	974	64	9	1	387	1845	69	7	4	29	23	22	9	32
Breakfast Pizza	170 grams	387	16	8	0	154	1139	38	2	3	23	14	0	32	23
Mediterranean Frittata	160 grams	324	22	9	0	471	672	10	1	4	4	4	4	4	4
French Toast	168 grams	316	8	3	0	261	422	43	2	5	16	8	0	11	16
Pancakes, Buttermilk	93 grams	168	1	0	0	0	640	36	2	5	5	1	0	22	11
Pancakes, Buttermilk, Blueberry	120 grams	184	1	0	0	1	640	40	3	8	5	1	2	22	12
Pancakes, Buttermilk, Chocolate Chip	99 grams	243	5	2	0	0	640	47	2	14	6	1	0	22	13

*Please Note: The nutritional information provided is for the serving size listed, based on adherence to the recipe, as developed and tested by our culinary team. Any changes from the recipe, such as changes to meet local taste preferences, product, ingredient, and/or supplier substitutions, season of the year, or serving size modifications will change the nutrient content of an item and render the information inaccurate. "+" indicates some vitamin A information is represented in different units of measure based on differences in representing this information in national nutrient databases.*