

# Jr. Bacon and Egg Breakfast

1 Egg  
1 slice Bacon

4 oz.'s Hash browns  
1 slice Stone Ground  
White Toast

Serving size: Entire recipe  
(7.8 oz.'s).

Amount Per Serving	
Calories	382.67
Calories From Fat (40%)	153.26
	% Daily Value
Total Fat 17g	26%
Saturated Fat 5.78g	29%
Cholesterol 191.16mg	64%
Sodium 512.79mg	21%
Potassium 439.35mg	13%
Total Carbohydrates 41.77g	14%
Fiber 2.59g	10%
Sugar 2.16g	
Protein 14.4g	29%