



Recipe Analyzer Results

A single serving of power start has 336 calories.

Read through [the nutrition label](#) for a snapshot of this recipe's nutritional profile. If the label lists less than 5 percent daily value for a nutrient it is considered low, while 20 percent or more is high. In general, you want to limit saturated fat, cholesterol, and sodium, and get enough fiber, vitamins, and minerals.

Nutrition Facts

Serving size: 1

Servings: 1

Amount per serving

Calories 336

% Daily Value*

Total Fat 15.9g **20%**

Saturated Fat 6g **30%**

Cholesterol 179mg **60%**

Sodium 477mg **21%**

Total Carbohydrate 30.1g **11%**

Dietary Fiber 4.3g **15%**

Total Sugars 3.3g

Protein 19.4g

Vitamin D 15mcg 77%

Calcium 143mg 11%

Iron 3mg 19%

Potassium 330mg 7%

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

Ingredients:

- 1 egg
- 1 english
muffin
- 1 tomatoes
- 1 oz fresh
mozzarella
- 1 oz avocado