



Recipe Analyzer Results

A single serving of turkey start has 332 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

Servings: 1

Amount per serving

Calories **332**

% Daily Value*

Total Fat 16.6g **21%**

Saturated Fat 6.7g **33%**

Cholesterol 174mg **58%**

Sodium 534mg **23%**

Total Carbohydrate 26.2g **10%**

Dietary Fiber 2g **7%**

Total Sugars 2.5g

Protein 19g

Vitamin D 19mcg 96%

Calcium 228mg 18%

Iron 3mg 19%

Potassium 206mg 4%

**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 nutrition advice.*

Ingredients:

- 1 small whole fresh egg
- 1 english muffin
- 1/2 oz swiss cheese
- 1 oz turkey sausage