



Recipe Analyzer Results

A single serving of spicy start has 309 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 309

% Daily Value*

Total Fat 13.9g **18%**

Saturated Fat 6.2g **31%**

Cholesterol 213mg **71%**

Sodium 683mg **30%**

Total Carbohydrate 27.8g **10%**

Dietary Fiber 2g **7%**

Total Sugars 2.9g

Protein 18g

Vitamin D 15mcg 77%

Calcium 246mg 19%

Iron 4mg 25%

Potassium 191mg 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*

Ingredients:

- 1 egg
- 1/2 oz
Pepper jack
cheese
- g Oz Pork,
Sausage,
Bulk/links
/patties
Frozen,
Cooked
- 1 english
muffin