



## Recipe Analyzer Results

**A single serving of great start has 391 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** **391**

% Daily Value\*

**Total Fat** 21g **27%**

Saturated Fat 8.5g **43%**

**Cholesterol** 184mg **61%**

**Sodium** 1035mg **45%**

**Total Carbohydrate** 25.9g **9%**

Dietary Fiber 2g **7%**

Total Sugars 2.3g

**Protein** 23.8g

Vitamin D 13mcg **65%**

Calcium 217mg **17%**

Iron 3mg **19%**

Potassium 272mg **6%**

*\*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 oz bacon
- 1/2 oz pepper jack cheese