



## Recipe Analyzer Results

**A single serving of early start has 286 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** **286**

% Daily Value\*

**Total Fat** 11.8g **15%**

Saturated Fat 5.4g **27%**

**Cholesterol** 169mg **56%**

**Sodium** 752mg **33%**

**Total Carbohydrate** 26.7g **10%**

Dietary Fiber 2.4g **8%**

Total Sugars 2.4g

**Protein** 18g

Vitamin D 15mcg 73%

Calcium 222mg 17%

Iron 3mg 19%

Potassium 207mg 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 oz black forest ham
- 1 small whole fresh egg
- 1/2 oz cheddar cheese
- 1 english muffin