



Recipe Analyzer Results

A single serving of hearty start has 348 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 **348**

% Daily Value*

Total Fat 17.4g **22%**

Saturated Fat 6.9g **35%**

Cholesterol 201mg **67%**

Sodium 545mg **24%**

Total Carbohydrate 27.5g **10%**

Dietary Fiber 2.4g **8%**

Total Sugars 3.3g

Protein 20.2g

Vitamin D 22mcg 108%

Calcium 235mg 18%

Iron 4mg 20%

Potassium 287mg 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*

Ingredients:

- 1 egg
- oz g oz
- Pork,
- Sausage,
- Bulk/links
- /patties
- Frozen,
- Cooked
- 1 english
- muffin
- 1 tomatoes
- 1/2 swiss
- cheese