



Bacon Early Riser (12/2014)

Nutrition Facts	
Serving Size 1 early riser (95.00g/3.4oz)	
Amount Per Serving	
Calories 250	Calories from Fat 120
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 460mg	19%
Total Carbohydrate 25g	8%
Dietary Fiber 1g	4%
Sugars 4g	
Protein 8g	
Vitamin A 4%	• Vitamin C 0%
Calcium 10%	• Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65 g 80 g
Saturated Fat	Less than 20 g 25 g
Cholesterol	Less than 300 mg 300 mg
Sodium	Less than 2,400 mg 2,400 mg
Total Carbohydrate	300 g 375 g
Dietary Fiber	25 g 30 g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Ingredients: Potato Shreds (Potatoes, Dextrose, Sodium Acid Pyrophosphate (preservative)), Scrambled Eggs (Whole Eggs, Skim Milk, Soybean Oil, Corn Starch, Salt, Xanthan Gum, Citric Acid), Water, Pasteurized Process Cheddar Cheese [Cheddar Cheese (Milk, Cheese Culture, Salt, Enzymes), Water, Milkfat, Sodium Phosphate, Sodium Hexametaphosphate, Salt, Artificial Color], Bleached Wheat Flour, Wheat Flour, Bacon (Cured With Water, Salt, Sugar, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite), Vegetable Oil (Soybean And/Or Canola), Yellow Corn Flour, Potato Starch, Corn Flakes. Contains 2% or less of Bacon Base [Bacon Type Flavor (Pork, Smoke Flavor, Mono and Diglycerides), Salt, Lactose, Sugar], Cheese Sauce Mix [Dehydrated Blend of Cheese (Semisoft and Cheddar Cheeses (Pasteurized Milk, Cheese Culture, Salt, Enzymes)), Food Starch-Modified, Whey, Salt, Cellulose Gum, Butter, Sodium Phosphate, Silicon Dioxide, Lactic Acid, Citric Acid, Yellow 5, Yellow 6], Corn Starch, Dehydrated Garlic, Dehydrated Onion, Extractives of Paprika, Natural Flavor, Paprika, Salt, Spice, Sugar, Tricalcium Phosphate, Turmeric, Whey, Yeast, Yellow 5, Yellow 6.

Contains: Wheat, Soy, Milk, Egg