

## Nutrient Analysis of Breakfast Foods

### Served at Donovan Dining Center

	<u>Calories</u>	<u>Grams of Protein</u>	<u>Grams of fat</u>	<u>Grams of Carb</u>	<u>Milligrams of sodium</u>
Bacon (3 slices)	109	5.8	9.4	0	303
Baked Ham (3 oz.)	102	15.7	3.9	0	1067
Sausage links (3)	248	15.6	29.2	0.8	602
Sausage patties (2)	200	10.6	16.8		698
Hash (1 cup)	498	23.8	39.4	12	854
Fried egg (1)	92	6.2	6.9	0.6	162
Scrambled eggs (2)	202	13.6	14.8	2.6	342
Omelet (3 eggs)	279	18.9	21	1.8	165
Pancakes (4", each)	86	2.6	3.5	10.9	198
Eggo waffles (1)	71	2.2	1.1	14.1	215
Round Belgian waffles	218	5.9	10.6	24.7	383
Homefries (3/4 cup)	245	2.9	16.3	25	37
Potato pancakes (5 small)	214	9.4	23.2	43.6	772

<b>Egg + cheese croissant</b>	<b>320</b>	<b>12</b>	<b>19</b>	<b>24</b>	<b>730</b>
<b>Toast (2 slices)</b>					
<b>White</b>	<b>134</b>	<b>4.2</b>	<b>1.8</b>	<b>24.8</b>	<b>270</b>
<b>Wheat</b>	<b>138</b>	<b>5.4</b>	<b>2.4</b>	<b>25.8</b>	<b>296</b>
<b>English muffin</b>	<b>134</b>	<b>4.4</b>	<b>1</b>	<b>26.2</b>	<b>528</b>
<b>Bagel (4.6 oz average)</b>	<b>359</b>	<b>12.8</b>	<b>2.2</b>	<b>72.3</b>	<b>422</b>
<b>Muffin (4 oz average)</b>	<b>375</b>	<b>9.7</b>	<b>10.3</b>	<b>46.4</b>	<b>502</b>
<b>Donut</b>					
<b>glazed</b>	<b>180</b>	<b>3</b>	<b>8</b>	<b>6</b>	<b>0</b>
<b>cream-filled</b>	<b>270</b>	<b>3</b>	<b>13</b>	<b>35</b>	<b>260</b>
<b>chocolate</b>	<b>310</b>	<b>3</b>	<b>17</b>	<b>37</b>	<b>370</b>

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**\*\*\* The American Heart Assoc. recommends eating no more than 2000 mg. of sodium per day.**

**CSM 5/13/08**