

Menu Item:

## Breakfast Panini - English Muffin

<b>Calories</b>	<b>Calories from fat</b>	<b>Total Fat</b>	<b>Saturated Fat</b>	<b>Trans Fat</b>
400	150	16g	6g	0g
<b>Cholesterol</b>	<b>Sodium</b>	<b>Carbohydrates</b>	<b>Dietary Fiber</b>	<b>Sugars</b>
290mg	880mg	41g	1g	2g
<b>Protein</b>	<b>Vitamin A</b>	<b>Vitamin C</b>	<b>Calcium</b>	<b>Iron</b>
20g	10%	0%	30%	20%