

Medifast® Scrambled Eggs

72860

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	2 g	3%
Saturated Fat	0.5 g	3%
Trans Fat	0 g	
Cholesterol	55 mg	18%
Sodium	370 mg	15%
Potassium	280 mg	8%
Total Carbohydrate	10 g	3%
Dietary Fiber	5 g	20%
Sugars	0 g	
Protein	12 g	

Calories per Serving: 100

Calories from Fat: 20

Serving Size: 26.6 g

Servings per Container: 7

This Product is:

- ✓ Non- Kosher
- ✓ Vegetarian Product
- ✓ Lactose Free
- ✓ Caffeine Free
- ✓ Also Formulated for Diabetics

AVERAGE % DAILY VALUE

Vitamin A	25%
Vitamin C	35%
Calcium.....	20%
Iron	25%
Vitamin D	30%
Vitamin E.....	25%
Vitamin K	25%
Thiamin (B1)	35%
Riboflavin.....	60%
Niacin.....	20%
Vitamin B6.....	35%
Folate.....	25%
Vitamin B12.....	20%
Biotin	20%
Pantothenic Acid.....	25%
Phosphorus	15%
Iodine	30%
Magnesium	20%
Zinc.....	25%
Selenium.....	20%
Copper	25%
Manganese	45%
Chromium.....	30%
Molybdenum.....	60%

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

Ingredients

Ingredients: Eggs (egg whites, egg yolks, maltodextrin, polydextrose, modified corn starch, corn oil, titanium dioxide (color), salt, guar gum, xanthan gum, annato, spice), chicory root extract (inulin), calcium carbonate, tetrasodium pyrophosphate, dipotassium phosphate, magnesium oxide, ascorbic acid, ferric orthophosphate, dicalcium phosphate, d-l alpha tocopheryl acetate, niacinamide, zinc oxide, manganese sulfate, d-calcium pantothenate, copper sulfate, pyridoxine hydrochloride, vitamin A palmitate, riboflavin, thiamin mononitrate, chromium chloride, sodium molybdate, folic acid, biotin, potassium iodide, sodium selenite, vitamin K-1, vitamin D3, cyanocobalamin.

Contains: eggs. Manufactured in a facility that uses milk, wheat, soy, fish, and shellfish.