



Mediterranean Hens in a Nest

Nutrition Facts Report
Source: Custom

Yield: 6 (1.000 serving(s))
No. Ingredients: 9

Category: Basic Food
Manufacturer: (None)

Ingredients

6.000 item Nature's Own 100% Whole Wheat Bagel
0.500 c. ATHENOS Cheese, Feta, Crumbled
0.333 c. Olives, Black, Ripe, Canned
0.250 c. Tomatoes, Sun Dried, in Oil, Drained
2.000 T. Basil
6.000 item Egg, Raw
0.333 c. Water, Tap
0.250 t. Salt, Table
0.125 t. Pepper, Black, Ground

Nutrition Facts

Serving Size 1.00 serving(s) (192g)

Amount Per Serving			
Calories	370	Calories from Fat	92
% Daily Value			
Total Fat	10.3g		16 %
Saturated Fat	3.1g		15 %
Trans Fat	0.0g		
Cholesterol	219.8mg		73 %
Sodium	754.6mg		31 %
Total Carbohydrate	59.6g		20 %
Dietary Fiber	9.7g		39 %
Sugars	6.4g		
Protein	19.9g		
Vitamin A	20 %	Calcium	17 %
Vitamin C	8 %	Iron	29 %

Instructions