



Nutrients in Commonly Served Foods

Breakfast Syrup Items

Recipe Name	Serving Size	MSmart	Calories	Fat	Protein	Carbs	Fiber
Blueberry Pancakes	2 pancakes	Y	301	9	11	45	1
Buttermilk Pancakes	2 pancakes	Y	240	5	10	39	1
Chocolate Chip Pancakes	2 pancakes	Y	343	12	10	48	2
Cinnamon Swirl French Toast	2 slices		210	8	8	27	0
English Muffin French Toast	2 slices		150	1	7	27	0
French Toast Sticks, baked	4 sticks		464	16	12	72	1
Grilled Waffles	2 waffles		335	21	5	31	2
Oreo Pancakes	2 pancakes	Y	371	11	11	59	2
Waffle (make your own)	1 waffle		420	20	10	49	2
Strawberry Pancakes	2 pancakes		250	6	7	43	1
Texas French Toast	2 slices		460	23	15	48	1

Breakfast Entrees

Recipe Name	Serving Size	MSmart	Calories	Fat	Protein	Carbs	Fiber
Cheese Omelet	1 omelet	Y	168	12	11	4	0
Cheese Sausage Breakfast Casserole	1 cup		392	25	25	16	1
Farmer's Omelet	1 omelet (4.5 oz.)		204	14	14	6	1
Ham & Cheese Omelet	1 omelet (3.5 oz.)		220	16	15	3	0
Hard Cooked Egg (or Soft Cooked)	1 large egg		83	6	6	1	0
Meat Breakfast Pizza	1 slice		288	15	14	24	0
Sausage Breakfast Burrito	1 burrito		336	14	17	35	2
Sausage Gravy & Biscuit	1 biscuit, 1/3 c gravy	Y	214	6	10	31	1
Scrambled Egg Whites	1/2 cup (3 egg whites)	Y	59	1	10	0	0
Scrambled Eggs	1/2 cup (2 eggs)	Y	175	12	14	1	0
Vegetarian Breakfast Burrito	1 burrito		290	16	14	32	2
Vegetarian Breakfast Pizza	1 slice	Y	292	9	16	36	1

Note: Nutrient values are useful guides but must be considered estimates. The nutrient content of a food can vary due to natural factors like soil quality and climate as well as processing and preparation variables.



Nutrients in Commonly Served Foods

Breakfast Sandwiches							
Recipe Name	Serving Size	MSmart	Calories	Fat	Protein	Carbs	Fiber
Egg & Cheese Bagel	1 sandwich	Y	363	11	22	44	1
Egg & Cheese Biscuit	1 sandwich		250	14	16	15	1
Egg & Cheese Croissant	1 croissant		440	19	25	33	1
Vegetarian Eggs Mac Michigan	1 sandwich	Y	278	12	15	27	0

Breakfast Meats							
Recipe Name	Serving Size	MSmart	Calories	Fat	Protein	Carbs	Fiber
Bacon	4 slices		140	12	4	0	0
Beef Smoky Sausage Links	2 links		203	16	11	1	0
Grilled Ham	1 slice (2 oz.)	Y	89	4	10	1	0
Sausage Links	2 links		200	16	11	1	0
Sausage Patty	1 patty		183	14	11	0	0
Turkey Sausage Links	2 links	Y	83	6	10	1	0

Hot Cereals							
Recipe Name	Serving Size	MSmart	Calories	Fat	Protein	Carbs	Fiber
Apple Cinnamon Oatmeal	1/2 cup	Y	120	1	1	25	2
Blueberry Oatmeal	1/2 cup		120	6	3	17	2
Brown Sugar Oatmeal	1/2 cup		143	6	3	18	2
Cheese Grits	1/2 cup		129	8	3	12	1
Cocoa Wheat	1/2 cup		95	1	3	18	1
Cream of Wheat	1 cup	Y	132	0	4	28	2
Grits	1 cup	Y	186	1	5	43	1
Malt-o-Meal	1/2 cup		50	0	2	10	0
Oatmeal	1 cup	Y	145	2	6	25	4

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Breakfast Potatoes							
Recipe Name	Serving Size	MSmart	Calories	Fat	Protein	Carbs	Fiber
Hash Browns	1/2 cup		181	13	1	15	1
Home Fries	1/2 cup		153	7	2	22	1
Lyonnaise Potatoes	1/2 cup	Y	110	3	2	20	2
O'Brien Potatoes	1/2 cup		143	7	2	19	1
Seasoned Redskins	1/2 cup	Y	100	3	2	17	2
Southern Fried Potatoes	1/2 cup	Y	120	2	2	24	2
Tator Tots	1/2 cup		236	17	2	20	1
Tritators	1 pattie		164	12	1	13	1



Nutrients in Commonly Served Foods

Breads and Pastries							
Recipe Name	Serving Size	MSmart	Calories	Fat	Protein	Carbs	Fiber
Apple Cranberry Muffin	1 muffin		282	16	3	33	1
Apple Oatmeal Muffin	1 muffin	Y	191	8	3	26	2
Apple Pecan Muffin	1 muffin		196	9	2	27	1
Apple Strudel	1 slice		276	14	3	35	2
Banana Bread	1 slice		192	8	2	30	1
Banana Muffin	1 muffin		164	5	2	27	1
Biscuit	1 biscuit		141	2	4	26	0
Blueberry Morning Cake	1 piece		233	12	4	28	0
Blueberry Muffin	1 muffin	Y	185	7	3	27	2
Cake Doughnut	1 doughnut		198	11	2	23	1
Cherry Strudel	1 slice		285	14	3	37	1
Chocolate Chip Muffin	1 muffin		320	11	3	57	1
Cinnamon Roll	1 roll		203	6	5	33	1
Cranberry Orange Muffin	1 muffin		246	14	3	28	1
Honey Bran Muffin	1 muffin		233	11	5	31	3
Lemon Blueberry Bread	1 slice	Y	200	5	4	38	1
Lemon Poppyseed Muffin	1 muffin		265	11	4	37	1
Lowfat Cherry Muffin	1 muffin	Y	189	3	3	38	1
Merk's Coffee Cake w/Walnuts	1 piece		263	15	3	29	1
Oatmeal Blueberry Muffin	1 muffin	Y	156	5	3	26	1
Pecan Roll	1 roll		346	18	5	42	2
Peach Bread	1 slice	Y	167	4	3	31	1
Peach Strudel	1 slice		303	15	3	41	1
Pumpkin Bread	1 slice	Y	195	7	2	31	2
Raised Doughnut	1 doughnut		242	14	4	26	1
Sour Cream Cake Doughnut	1 doughnut		252	16	3	23	0
Sour Cream Coffee Cake w/ Pecans	1 piece		460	27	5	51	2
Strawberry Bread	1 slice	Y	185	8	2	27	1
Streusel Muffin	1 muffin		348	19	4	41	1
Sweet Georgia Muffin	1 muffin	Y	234	9	3	35	1

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