

HelloFresh Add On Breakfast Faves

Nutrition Facts	Spinach and Feta Egg Bites	Turkey Sausage and Cheese Egg Bites	Cinnamon Crumb Cake Muffin	Banana Nut Muffin	Belgian Waffle	Triple Latte	Vanilla Oat Latte
servings per container							
Serving size	2 egg bites (142g)	2 egg bites (142g)	1 muffin (107g)	1 muffin (107g)	1 waffle (89g)	1 can (255g)	1 can (255g)
Amount per serving							
Calories	270	320	460	480	360	50	60
	% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*
Total Fat	20g 26%	24g 31%	26g 33%	28g 36%	19g 24%	1.5g 2%	2g 3%
Saturated Fat	9g 45%	11g 55%	8g 40%	5g 25%	8g 40%	1g 5%	0g 0%
Trans Fat	0g	0g	0g	0g	1g	0g	0g
Cholesterol	215mg 72%	220mg 73%	60mg 20%	80mg 27%	15mg 5%	5mg 2%	0mg 0%
Sodium	450mg 20%	730mg 32%	340mg 15%	400mg 17%	330mg 14%	55mg 2%	50mg 2%
Total Carbohydrate	11g 4%	8g 3%	56g 20%	52g 19%	44g 16%	7g 3%	11g 4%
Dietary Fiber	1g 4%	1g 4%	0g 0%	2g 7%	1g 4%	1g 4%	2g 7%
Total Sugars	3g	2g	30g	30g	21g	6g	5g
Includes Added Sugars	0g 0%	0g 0%	30g 60%	26g 52%	20g 40%	2g 4%	5g 10%
Protein	11g	17g	6g	6g	4g	2g	1g
Vitamin D	1mcg 6%	1mcg 6%	0mcg 0%	1mcg 6%	0mcg 0%	2mcg 10%	0mcg 0%
Calcium	247mg 20%	279mg 20%	40mg 4%	59mg 4%	23mg 2%	100mg 8%	55mg 4%
Iron	1mg 6%	1mg 6%	2mg 10%	2mg 10%	1mg 6%	0mg 0%	0mg 0%
Potassium	227mg 4%	156mg 4%	99mg 2%	159mg 4%	170mg 4%	165mg 4%	100mg 2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Spinach and Feta Egg Bites: EGGS, half & half (MILK, CREAM), feta cheese (pasteurized MILK, cultures, salt, enzymes), onion, spinach, expeller pressed canola oil, starch, garlic, lemon juice, sea salt, spices, xanthan gum. **Contains:** Eggs, Milk.

Turkey Sausage and Cheese Egg Bites: EGGS, half & half (MILK, CREAM), cheese blend (cheddar cheese (pasteurized MILK, cheese cultures, salt, enzymes and annatto (for color)), gouda cheese (pasteurized MILK, havarti cheese (pasteurized MILK, enzymes), swiss cheese (pasteurized MILK, powdered cellulose (to prevent caking))), fully cooked breakfast sausage (turkey thigh, water, spices, sugar), onion, expeller pressed canola oil, corn starch, garlic, sea salt, lemon juice, seasoning (rosemary, oregano, sage, ginger, marjoram, thyme, pepper), xanthan gum. **Contains:** Eggs, Milk.

Cinnamon Crumb Muffin: sugar, enriched WHEAT flour bleached (WHEAT flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), modified food starch, SOYBEAN oil, defatted SOY flour, EGGS, leavening (baking soda, sodium aluminum phosphate), mono- and diglycerides, natural and artificial flavor, propylene glycol mono- and diester of fatty acids, salt, sodium stearoyl lactylate, vital WHEAT GLUTEN, WHEY, brown sugar, water, unbleached enriched WHEAT flour (WHEAT flour, malted BARLEY flour, and folic acid), enriched cake flour (WHEAT flour, reduced iron, butter (CREAM, natural flavors), shortening (palm oil and SOY oil), cinnamon, vanilla emulsion (propylene glycol, corn syrup, vanillin, ethyl vanillin), cocoa powder. **Contains:** Eggs, Milk, Soy, Wheat.

Banana Nut Muffin: sugar, enriched WHEAT flour bleached (WHEAT flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), modified food starch, SOYBEAN oil, defatted SOY flour, EGGS, leavening (baking soda, sodium aluminum phosphate), mono- and diglycerides, natural and artificial flavor, propylene glycol mono- and diester of fatty acids, salt, sodium stearoyl lactylate, vital WHEAT GLUTEN, WHEY, banana puree (bananas, citric acid, ascorbic acid), water, WALNUTS, sour CREAM (cultured CREAM, modified corn starch, sodium phosphate, carrageenan, calcium sulfate, carob bean gum, guar gum, potassium sorbate), banana emulsion (water, propylene glycol, xanthan gum, natural and artificial banana flavor, citric acid), cinnamon, vanilla emulsion (propylene glycol, corn syrup, vanillin, ethyl vanillin). **Contains:** Egg, Milk, Soy, Walnuts Wheat.

Belgian Waffle: WHEAT flour, vegetable margarine (rsपो palm oil, rapeseed oil, sunflower oil, water, emulsifier mono and diglycerides of fatty acids, sunflower lecithin, salt, acidifier acid citric, natural flavors), pearl sugar, EGGS, invert sugar, yeast, MILK powder, vanillin. **Contains:** Eggs, Milk, Wheat.

Triple Latte: reduced fat MILK, coffee (water, coffee), cane sugar, chicory root fiber, acacia, disodium phosphate, trisodium phosphate, lactase enzyme, rosemary extract, gellan gum, vitamin d3. **Contains:** Milk.

Vanilla Oat Latte: oatmilk (water, oats), coffee (water, coffee), chicory root fiber, cane sugar, canola oil, acacia, vanilla extract with other natural flavors, disodium phosphate, trisodium phosphate, calcium phosphate, sea salt, gellan gum.