

HelloFresh Add on Mother's Day Brunch Bundle

Nutrition Facts	Maple Pork Breakfast Sausage	Turkey Sausage & Cheese Egg Bites	Cinnamon Crumb Cake Muffin	Belgian Waffle
servings per container	4	3	2	4
Serving size	1/4 package (71g)	2 egg bites (142g)	1 muffin (108g)	1 waffle (90g)
Amount per serving				
Calories	200	320	460	360
	% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*
Total Fat	18g 23%	24g 31%	26g 33%	19g 24%
Saturated Fat	6g 30%	11g 55%	8g 40%	8g 40%
Trans Fat	0g	0g	0g	1g
Cholesterol	40mg 13%	220mg 73%	60mg 20%	15mg 5%
Sodium	430mg 19%	730mg 32%	340mg 15%	330mg 14%
Total Carbohydrate	0g 0%	8g 3%	56g 20%	44g 16%
Dietary Fiber	0g 0%	1g 4%	0g 0%	1g 4%
Total Sugars	0g	2g	30g	21g
Includes Added Sugars	0g 0%	0g 0%	30g 60%	20g 40%
Protein	9g	17g	6g	4g
*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.	Vitamin D	1mcg 6%	1mcg 6%	0.4mcg 2%
	Calcium	10mg 0%	280mg 20%	40mg 4%
	Iron	0mg 0%	1mg 6%	2mg 10%
	Potassium	230mg 4%	160mg 4%	100mg 2%
				170mg 4%

Maple Pork Breakfast Sausage: pork, water, brown, sugar, salt, spices, maple oil (natural and artificial).

Turkey Sausage and Cheese Egg Bites: EGGS, half & half (MILK, CREAM), cheese blend (cheddar cheese (pasteurized MILK, cheese cultures, cream, milk, salt, enzymes and annatto (for color)), gouda cheese (pasteurized MILK, havarti cheese (pasteurized MILK, onions, ginger root, spices enzymes, beta-carotene (color)), swiss cheese (pasteurized MILK, powdered cellulose (to prevent caking))), breakfast sausage (turkey, sunflower oil, 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.

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