

# HelloFresh Add-On Market Breakfast Bundle - Vegetarian Favorites 2

<b>Nutrition Facts</b>	Belgian Waffle	Blueberry Muffin	Chocolate Chip Muffin	Red Pepper Swiss Egg Bites	Spinach Feta Egg Bites	Vanilla Oat Latte
servings per container						
<b>Serving size</b>	1 Waffle (90g)	1 Muffin (107g)	1 Muffin (107g)	2 Egg Bites (142g)	2 Egg Bites (142g)	1 Can (255g)
Amount per serving						
<b>Calories</b>	<b>360</b>	<b>360</b>	<b>480</b>	<b>290</b>	<b>270</b>	<b>60</b>
	% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*
<b>Total Fat</b>	19g <b>24%</b>	16g <b>21%</b>	24g <b>31%</b>	22g <b>28%</b>	20g <b>26%</b>	2g <b>3%</b>
Saturated Fat	8g <b>40%</b>	4g <b>20%</b>	7g <b>35%</b>	11g <b>55%</b>	9g <b>45%</b>	0g <b>0%</b>
Trans Fat	1g	0g	0g	0g	0g	0g
<b>Cholesterol</b>	15mg <b>5%</b>	60mg <b>20%</b>	80mg <b>27%</b>	50mg <b>17%</b>	215mg <b>72%</b>	0mg <b>0%</b>
<b>Sodium</b>	330mg <b>14%</b>	340mg <b>15%</b>	140mg <b>6%</b>	360mg <b>16%</b>	450mg <b>20%</b>	50mg <b>2%</b>
<b>Total Carbohydrate</b>	44g <b>16%</b>	50g <b>18%</b>	58g <b>21%</b>	10g <b>4%</b>	11g <b>4%</b>	11g <b>4%</b>
Dietary Fiber	1g <b>4%</b>	2g <b>7%</b>	0g <b>0%</b>	1g <b>4%</b>	1g <b>4%</b>	2g <b>7%</b>
Total Sugars	21g	32g	36g	2g	3g	5g
Includes Added Sugars	20g <b>40%</b>	26g <b>52%</b>	8g <b>16%</b>	0g <b>0%</b>	0g <b>0%</b>	5g <b>10%</b>
<b>Protein</b>	4g	4g	6g	15g	11g	1g
*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.	<b>Vitamin D</b>	0mcg 0%	0mcg 0%	1mcg 6%	1mcg 6%	0mcg 0%
	<b>Calcium</b>	23mg 2%	40mg 4%	59mg 4%	205mg 15%	247mg 20%
	<b>Iron</b>	1mg 6%	1mg 6%	2mg 10%	0mg 0%	1mg 6%
	<b>Potassium</b>	171mg 4%	79mg 2%	40mg 0%	168mg 4%	227mg 4%
						100mg 2%

**Belgian Waffle:** WHEAT flour, vegetable margarine (rspo 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.**

**Blueberry 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, blueberries, water, sour CREAM (cultured CREAM, modified corn starch, sodium phosphate, carrageenan, calcium sulfate, carob bean gum, guar gum, potassium sorbate), corn starch, tapioca starch, vanilla emulsion (propylene glycol, corn syrup, vanillin, ethyl vanillin), lemon emulsion (lemon oil, citric acid, propylene glycol, xanthan gum), cinnamon. **Contains: Eggs, Milk, Soy, Wheat.**

**Chocolate Chip Muffin:** Sugar, enriched bleached cake flour (WHEAT flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), EGGS, SOYBEAN oil, enriched WHEAT flour bleached (WHEAT flour, thiamin mononitrate, modified food starch, defatted SOY flour, 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, chocolate chips (sugar, unsweetened chocolate, cocoa butter, SOY lecithin, natural vanilla extract), water, vanilla emulsion (propylene glycol, corn syrup, vanillin, ethyl vanillin). **Contains: Eggs, Milk, Soy, Wheat.**

**Red Pepper and Swiss Egg Bites:** EGG whites, swiss CHEESE (pasteurized MILK, CHEESE cultures, salt, enzymes), heavy CREAM, cottage CHEESE (cultured skim MILK, CREAM, salt), onion, green pepper, red pepper, corn starch, olive pomace oil, garlic, sea salt, xanthan gum. **Contains: Eggs, Milk.**

**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.**

**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.