

Breakfast Hash Browns Nutritional Information

| Item Name                                                             | Serving Size | Calories | Fat (g) | Sat Fat (g) | Trans Fat (g) | Chol (mg) | Sod (mg) | Carb (g) | Fiber (g) | Sugar (g) | Added Sugar (g) | Prot (g) | Vit D (mcg) | Calc % DV | Iron % DV | Pot % DV |
|-----------------------------------------------------------------------|--------------|----------|---------|-------------|---------------|-----------|----------|----------|-----------|-----------|-----------------|----------|-------------|-----------|-----------|----------|
| <b>Hash Brown Heaven with Basted Eggs</b>                             |              |          |         |             |               |           |          |          |           |           |                 |          |             |           |           |          |
| Hash Brown Heaven with Basted Eggs, Biscuit                           | 1 platter    | 1760     | 131     | 70          | 3             | 595       | 5420     | 127      | 7         | 8         | 4               | 30       | 2           | 30        | 35        | 30       |
| Hash Brown Heaven with Basted Eggs, English Muffin                    | 1 platter    | 1440     | 109     | 58          | 3             | 595       | 4480     | 97       | 7         | 4         | 1               | 28       | 2           | 25        | 35        | 30       |
| Hash Brown Heaven with Basted Eggs, Marble Rye Toast                  | 1 platter    | 1470     | 110     | 58          | 3             | 595       | 4560     | 101      | 8         | 4         | 1               | 29       | 2           | 25        | 35        | 30       |
| Hash Brown Heaven with Basted Eggs, Pancakes                          | 1 platter    | 1720     | 109     | 63          | 3.5           | 625       | 4990     | 166      | 6         | 33        | 28              | 28       | 2           | 35        | 35        | 30       |
| Hash Brown Heaven with Basted Eggs, Sourdough Toast                   | 1 platter    | 1480     | 110     | 58          | 3             | 595       | 4570     | 104      | 7         | 5         | 0               | 27       | 2           | 25        | 30        | 30       |
| Hash Brown Heaven with Basted Eggs, Wheat Toast                       | 1 platter    | 1500     | 111     | 58          | 3             | 595       | 4510     | 104      | 9         | 6         | 3               | 31       | 2           | 25        | 35        | 30       |
| Hash Brown Heaven with Basted Eggs, White Toast                       | 1 platter    | 1490     | 109     | 58          | 3             | 595       | 4620     | 107      | 7         | 4         | 0               | 30       | 2           | 25        | 35        | 30       |
| <b>Hash Brown Heaven with Egg Whites</b>                              |              |          |         |             |               |           |          |          |           |           |                 |          |             |           |           |          |
| Hash Brown Heaven with Egg Whites, Biscuit                            | 1 platter    | 1780     | 134     | 75          | 3.5           | 255       | 5570     | 128      | 7         | 9         | 4               | 29       | 0           | 25        | 20        | 30       |
| Hash Brown Heaven with Egg Whites, English Muffin                     | 1 platter    | 1470     | 112     | 63          | 3.5           | 255       | 4620     | 97       | 7         | 5         | 1               | 27       | 0           | 20        | 20        | 30       |
| Hash Brown Heaven with Egg Whites, Marble Rye Toast                   | 1 platter    | 1500     | 113     | 63          | 3.5           | 255       | 4700     | 102      | 8         | 5         | 1               | 29       | 0           | 25        | 20        | 30       |
| Hash Brown Heaven with Egg Whites, Pancakes                           | 1 platter    | 1750     | 112     | 68          | 4             | 290       | 5140     | 167      | 6         | 33        | 28              | 27       | 0           | 30        | 20        | 30       |
| Hash Brown Heaven with Egg Whites, Sourdough Toast                    | 1 platter    | 1510     | 113     | 63          | 3.5           | 255       | 4720     | 105      | 7         | 5         | 0               | 27       | 0           | 20        | 15        | 30       |
| Hash Brown Heaven with Egg Whites, Wheat Toast                        | 1 platter    | 1530     | 114     | 63          | 3.5           | 255       | 4660     | 105      | 9         | 7         | 3               | 30       | 0           | 20        | 20        | 30       |
| Hash Brown Heaven with Egg Whites, White Toast                        | 1 platter    | 1510     | 112     | 63          | 3.5           | 255       | 4770     | 107      | 7         | 5         | 0               | 29       | 0           | 20        | 20        | 30       |
| <b>Hash Brown Heaven with Over Easy, Medium, Hard Eggs</b>            |              |          |         |             |               |           |          |          |           |           |                 |          |             |           |           |          |
| Hash Brown Heaven with Over Easy, Medium, Hard Eggs, Biscuit          | 1 platter    | 1760     | 131     | 70          | 3             | 595       | 5420     | 127      | 7         | 8         | 4               | 30       | 2           | 30        | 35        | 30       |
| Hash Brown Heaven with Over Easy, Medium, Hard Eggs, English Muffin   | 1 platter    | 1440     | 109     | 58          | 3             | 595       | 4480     | 97       | 7         | 4         | 1               | 28       | 2           | 25        | 35        | 30       |
| Hash Brown Heaven with Over Easy, Medium, Hard Eggs, Marble Rye Toast | 1 platter    | 1470     | 110     | 58          | 3             | 595       | 4560     | 101      | 8         | 4         | 1               | 29       | 2           | 25        | 35        | 30       |
| Hash Brown Heaven with Over Easy, Medium, Hard Eggs, Pancakes         | 1 platter    | 1720     | 109     | 63          | 3.5           | 625       | 4990     | 166      | 6         | 33        | 28              | 28       | 2           | 35        | 35        | 30       |
| Hash Brown Heaven with Over Easy, Medium, Hard Eggs, Sourdough Toast  | 1 platter    | 1480     | 110     | 58          | 3             | 595       | 4570     | 104      | 7         | 5         | 0               | 27       | 2           | 25        | 30        | 30       |
| Hash Brown Heaven with Over Easy, Medium, Hard Eggs, Wheat Toast      | 1 platter    | 1500     | 111     | 58          | 3             | 595       | 4510     | 104      | 9         | 6         | 3               | 31       | 2           | 25        | 35        | 30       |
| Hash Brown Heaven with Over Easy, Medium, Hard Eggs, White Toast      | 1 platter    | 1490     | 109     | 58          | 3             | 595       | 4620     | 107      | 7         | 4         | 0               | 30       | 2           | 25        | 35        | 30       |
| <b>Hash Brown Heaven with Poached Eggs</b>                            |              |          |         |             |               |           |          |          |           |           |                 |          |             |           |           |          |
| Hash Brown Heaven with Poached Eggs, Biscuit                          | 1 platter    | 1720     | 126     | 67          | 3             | 585       | 5420     | 127      | 7         | 8         | 4               | 30       | 2           | 30        | 35        | 30       |
| Hash Brown Heaven with Poached Eggs, English Muffin                   | 1 platter    | 1400     | 104     | 55          | 3             | 580       | 4480     | 97       | 7         | 4         | 1               | 28       | 2           | 25        | 35        | 30       |
| Hash Brown Heaven with Poached Eggs, Marble Rye Toast                 | 1 platter    | 1440     | 106     | 55          | 3             | 580       | 4560     | 101      | 8         | 4         | 1               | 29       | 2           | 25        | 35        | 30       |
| Hash Brown Heaven with Poached Eggs, Pancakes                         | 1 platter    | 1690     | 105     | 60          | 3.5           | 615       | 4990     | 166      | 6         | 33        | 28              | 28       | 2           | 35        | 35        | 30       |
| Hash Brown Heaven with Poached Eggs, Sourdough Toast                  | 1 platter    | 1440     | 106     | 55          | 3             | 580       | 4570     | 104      | 7         | 5         | 0               | 27       | 2           | 25        | 30        | 30       |
| Hash Brown Heaven with Poached Eggs, Wheat Toast                      | 1 platter    | 1460     | 107     | 56          | 3             | 580       | 4510     | 104      | 9         | 6         | 3               | 31       | 2           | 25        | 35        | 30       |
| Hash Brown Heaven with Poached Eggs, White Toast                      | 1 platter    | 1450     | 104     | 55          | 3             | 580       | 4620     | 107      | 7         | 4         | 0               | 30       | 2           | 25        | 35        | 30       |
| <b>Hash Brown Heaven with Scrambled Eggs</b>                          |              |          |         |             |               |           |          |          |           |           |                 |          |             |           |           |          |
| Hash Brown Heaven with Scrambled Eggs, Biscuit                        | 1 platter    | 1940     | 149     | 80          | 3.5           | 810       | 5610     | 127      | 7         | 8         | 4               | 36       | 3           | 30        | 40        | 30       |
| Hash Brown Heaven with Scrambled Eggs, English Muffin                 | 1 platter    | 1620     | 127     | 67          | 3.5           | 810       | 4660     | 97       | 7         | 4         | 1               | 34       | 3           | 25        | 40        | 30       |
| Hash Brown Heaven with Scrambled Eggs, Marble Rye Toast               | 1 platter    | 1660     | 128     | 68          | 3.5           | 810       | 4740     | 101      | 8         | 4         | 1               | 35       | 3           | 30        | 40        | 30       |
| Hash Brown Heaven with Scrambled Eggs, Pancakes                       | 1 platter    | 1910     | 127     | 72          | 4             | 845       | 5180     | 166      | 6         | 33        | 28              | 34       | 3           | 35        | 40        | 30       |
| Hash Brown Heaven with Scrambled Eggs, Sourdough Toast                | 1 platter    | 1670     | 128     | 67          | 3.5           | 810       | 4760     | 104      | 7         | 5         | 0               | 34       | 3           | 25        | 35        | 30       |
| Hash Brown Heaven with Scrambled Eggs, Wheat Toast                    | 1 platter    | 1680     | 129     | 68          | 3.5           | 810       | 4700     | 104      | 9         | 6         | 3               | 37       | 3           | 25        | 40        | 35       |
| Hash Brown Heaven with Scrambled Eggs, White Toast                    | 1 platter    | 1670     | 127     | 67          | 3.5           | 810       | 4810     | 107      | 7         | 4         | 0               | 36       | 3           | 25        | 40        | 30       |
| <b>Hash Brown Heaven with Sunny Side Up Eggs</b>                      |              |          |         |             |               |           |          |          |           |           |                 |          |             |           |           |          |
| Hash Brown Heaven with Sunny Side Up Eggs, Biscuit                    | 1 platter    | 1760     | 131     | 70          | 3             | 595       | 5420     | 127      | 7         | 8         | 4               | 30       | 2           | 30        | 35        | 30       |
| Hash Brown Heaven with Sunny Side Up Eggs, English Muffin             | 1 platter    | 1440     | 109     | 58          | 3             | 595       | 4480     | 97       | 7         | 4         | 1               | 28       | 2           | 25        | 35        | 30       |
| Hash Brown Heaven with Sunny Side Up Eggs, Marble Rye Toast           | 1 platter    | 1470     | 110     | 58          | 3             | 595       | 4560     | 101      | 8         | 4         | 1               | 29       | 2           | 25        | 35        | 30       |
| Hash Brown Heaven with Sunny Side Up Eggs, Pancakes                   | 1 platter    | 1720     | 109     | 63          | 3.5           | 625       | 4990     | 166      | 6         | 33        | 28              | 28       | 2           | 35        | 35        | 30       |
| Hash Brown Heaven with Sunny Side Up Eggs, Sourdough Toast            | 1 platter    | 1480     | 110     | 58          | 3             | 595       | 4570     | 104      | 7         | 5         | 0               | 27       | 2           | 25        | 30        | 30       |
| Hash Brown Heaven with Sunny Side Up Eggs, Wheat Toast                | 1 platter    | 1500     | 111     | 58          | 3             | 595       | 4510     | 104      | 9         | 6         | 3               | 31       | 2           | 25        | 35        | 30       |
| Hash Brown Heaven with Sunny Side Up Eggs, White Toast                | 1 platter    | 1490     | 109     | 58          | 3             | 595       | 4620     | 107      | 7         | 4         | 0               | 30       | 2           | 25        | 35        | 30       |
| <b>Hash Brown Heaven Add Ons</b>                                      |              |          |         |             |               |           |          |          |           |           |                 |          |             |           |           |          |
| Bacon                                                                 | 1 oz         | 140      | 12      | 4           | 0             | 30        | 470      | 2        | 0         | 2         | 2               | 10       | 16          | 2         | 2         | 5        |

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|                                             |           |      |     |     |     |     |      |     |    |    |    |    |    |    |    |    |
|---------------------------------------------|-----------|------|-----|-----|-----|-----|------|-----|----|----|----|----|----|----|----|----|
| Ham                                         | 1 oz      | 60   | 4.5 | 1.5 | 0   | 15  | 320  | 1   | 0  | 1  | 1  | 3  | 0  | 0  | 2  | 2  |
| Peppers                                     | 1 oz      | 5    | 0   | 0   | 0   | 0   | 0    | 2   | 1  | 1  | 0  | 0  | 0  | 0  | 0  | 2  |
| Sausage Gravy                               | 4 oz      | 130  | 7   | 3.5 | 0   | 25  | 490  | 9   | 0  | 2  | 0  | 4  | 0  | 2  | 0  | 2  |
| Sausage                                     | 1 oz      | 100  | 9   | 3   | 0   | 25  | 310  | 0   | -- | 0  | -- | 7  | -- | 2  | 4  | -- |
| Sauteed Mushrooms                           | 1 oz      | 35   | 3   | 2   | 0   | 10  | 0    | 1   | 0  | 0  | 0  | 1  | 0  | 0  | 0  | 2  |
| Sauteed Onions                              | 1 oz      | 40   | 3   | 2   | 0   | 10  | 0    | 2   | 0  | 1  | 0  | 0  | 0  | 0  | 0  | 0  |
| Spinach                                     | 1 oz      | 5    | 0   | 0   | 0   | 0   | 20   | 1   | 1  | 0  | 0  | 1  | 0  | 2  | 4  | 5  |
| Tomatoes                                    | 1 oz      | 5    | 0   | 0   | 0   | 0   | 0    | 1   | 0  | 1  | 0  | 0  | 0  | 0  | 0  | 2  |
| <b>Loaded Smothered Hash Browns</b>         |           |      |     |     |     |     |      |     |    |    |    |    |    |    |    |    |
| Smothered Hash Browns with Biscuit          | 1 platter | 2080 | 149 | 80  | 3   | 325 | 7080 | 151 | 8  | 15 | 5  | 39 | 1  | 45 | 30 | 35 |
| Smothered Hash Browns with English Muffin   | 1 platter | 1760 | 127 | 67  | 3   | 325 | 6130 | 120 | 8  | 11 | 2  | 36 | 1  | 40 | 20 | 35 |
| Smothered Hash Browns with Marble Rye Toast | 1 platter | 1790 | 129 | 68  | 3   | 325 | 6210 | 125 | 9  | 11 | 2  | 38 | 1  | 45 | 20 | 35 |
| Smothered Hash Browns with Pancakes         | 1 platter | 2040 | 128 | 72  | 3.5 | 355 | 6650 | 189 | 7  | 39 | 30 | 37 | 1  | 50 | 30 | 35 |
| Smothered Hash Browns with Sourdough Toast  | 1 platter | 1800 | 129 | 68  | 3   | 325 | 6230 | 128 | 8  | 11 | 1  | 36 | 1  | 40 | 15 | 35 |
| Smothered Hash Browns with Wheat Toast      | 1 platter | 1820 | 130 | 68  | 3   | 325 | 6170 | 127 | 10 | 13 | 4  | 39 | 1  | 40 | 30 | 35 |
| Smothered Hash Browns with White Toast      | 1 platter | 1810 | 127 | 67  | 3   | 325 | 6280 | 130 | 8  | 11 | 1  | 39 | 1  | 40 | 30 | 35 |