

Breakfast Skillet 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
Classic Ham & Cheese Skillet with Basted Eggs																
Classic Ham & Cheese Skillet with Basted Eggs, Biscuit	1 platter	1870	140	73	3	620	6070	129	7	9	5	37	2	30	40	35
Classic Ham & Cheese Skillet with Basted Eggs, English Muffin	1 platter	1560	118	61	3	620	5120	98	7	5	2	35	2	25	35	30
Classic Ham & Cheese Skillet with Basted Eggs, Marble Rye Toast	1 platter	1590	120	61	3	620	5200	102	8	5	2	36	2	25	35	35
Classic Ham & Cheese Skillet with Basted Eggs, Pancakes	1 platter	1840	119	66	3.5	655	5630	167	6	34	30	35	2	35	35	35
Classic Ham & Cheese Skillet with Basted Eggs, Sourdough Toast	1 platter	1600	119	61	3	620	5220	106	7	6	1	34	2	25	30	30
Classic Ham & Cheese Skillet with Basted Eggs, Wheat Toast	1 platter	1620	121	61	3	620	5160	105	9	7	4	38	2	25	35	35
Classic Ham & Cheese Skillet with Basted Eggs, White Toast	1 platter	1600	118	61	3	620	5260	108	7	5	1	37	2	25	40	30
Classic Ham & Cheese Skillet with Egg Whites																
Classic Ham & Cheese Skillet with Egg Whites, Biscuit	1 platter	1900	143	78	3.5	285	6220	129	7	10	5	36	0	25	30	35
Classic Ham & Cheese Skillet with Egg Whites, English Muffin	1 platter	1580	121	66	3.5	285	5270	99	7	6	2	34	0	20	20	35
Classic Ham & Cheese Skillet with Egg Whites, Marble Rye Toast	1 platter	1620	123	66	3.5	285	5350	103	8	6	2	35	0	25	20	35
Classic Ham & Cheese Skillet with Egg Whites, Pancakes	1 platter	1870	122	71	4	315	5780	168	6	34	30	34	0	30	30	35
Classic Ham & Cheese Skillet with Egg Whites, Sourdough Toast	1 platter	1630	123	66	3.5	285	5360	106	7	6	1	33	0	20	15	35
Classic Ham & Cheese Skillet with Egg Whites, Wheat Toast	1 platter	1640	124	66	3.5	285	5310	106	9	8	4	37	0	20	30	35
Classic Ham & Cheese Skillet with Egg Whites, White Toast	1 platter	1630	121	66	3.5	285	5410	109	7	6	1	36	0	20	30	35
Classic Ham & Cheese Skillet with Over Easy, Medium, Hard Eggs																
Classic Ham & Cheese Skillet with Over Easy, Medium, Hard Eggs, Biscuit	1 platter	1870	140	73	3	620	6070	129	7	9	5	37	2	30	40	35
Classic Ham & Cheese Skillet with Over Easy, Medium, Hard Eggs, English Muffin	1 platter	1560	118	61	3	620	5120	98	7	5	2	35	2	25	35	30
Classic Ham & Cheese Skillet with Over Easy, Medium, Hard Eggs, Marble Rye Toast	1 platter	1590	120	61	3	620	5200	102	8	5	2	36	2	25	35	35
Classic Ham & Cheese Skillet with Over Easy, Medium, Hard Eggs, Pancakes	1 platter	1840	119	66	3.5	655	5630	167	6	34	30	35	2	35	35	35
Classic Ham & Cheese Skillet with Over Easy, Medium, Hard Eggs, Sourdough Toast	1 platter	1600	119	61	3	620	5220	106	7	6	1	34	2	25	30	30
Classic Ham & Cheese Skillet with Over Easy, Medium, Hard Eggs, Wheat Toast	1 platter	1620	121	61	3	620	5160	105	9	7	4	38	2	25	35	35
Classic Ham & Cheese Skillet with Over Easy, Medium, Hard Eggs, White Toast	1 platter	1600	118	61	3	620	5260	108	7	5	1	37	2	25	40	30
Classic Ham & Cheese Skillet with Poached Eggs																
Classic Ham & Cheese Skillet with Poached Eggs, Biscuit	1 platter	1840	136	71	3	610	6070	129	7	9	5	37	2	30	40	35
Classic Ham & Cheese Skillet with Poached Eggs, English Muffin	1 platter	1520	114	58	3	610	5120	98	7	5	2	35	2	25	35	30
Classic Ham & Cheese Skillet with Poached Eggs, Marble Rye Toast	1 platter	1550	115	59	3	610	5200	102	8	5	2	36	2	25	35	35
Classic Ham & Cheese Skillet with Poached Eggs, Pancakes	1 platter	1800	115	63	3.5	640	5630	167	6	34	30	35	2	35	35	35
Classic Ham & Cheese Skillet with Poached Eggs, Sourdough Toast	1 platter	1560	115	58	3	610	5220	106	7	6	1	34	2	25	30	30
Classic Ham & Cheese Skillet with Poached Eggs, Wheat Toast	1 platter	1580	116	59	3	610	5160	105	9	7	4	38	2	25	35	35
Classic Ham & Cheese Skillet with Poached Eggs, White Toast	1 platter	1570	114	58	3	610	5260	108	7	5	1	37	2	25	40	30
Classic Ham & Cheese Skillet with Scrambled Eggs																
Classic Ham & Cheese Skillet with Scrambled Eggs, Biscuit	1 platter	2060	158	83	3.5	840	6260	129	7	9	5	43	3	30	45	35
Classic Ham & Cheese Skillet with Scrambled Eggs, English Muffin	1 platter	1740	136	70	3.5	840	5310	98	7	5	2	41	3	25	40	35
Classic Ham & Cheese Skillet with Scrambled Eggs, Marble Rye Toast	1 platter	1780	138	71	3.5	840	5390	102	8	5	2	42	3	30	40	35
Classic Ham & Cheese Skillet with Scrambled Eggs, Pancakes	1 platter	2020	137	75	4	870	5820	167	6	34	30	41	3	35	40	35
Classic Ham & Cheese Skillet with Scrambled Eggs, Sourdough Toast	1 platter	1780	137	71	3.5	840	5410	106	7	6	1	40	3	25	35	35
Classic Ham & Cheese Skillet with Scrambled Eggs, Wheat Toast	1 platter	1800	139	71	3.5	840	5350	105	9	7	4	44	3	30	40	35
Classic Ham & Cheese Skillet with Scrambled Eggs, White Toast	1 platter	1790	136	70	3.5	840	5450	108	7	5	1	43	3	25	45	35
Classic Ham & Cheese Skillet with Sunny Side Up Eggs																
Classic Ham & Cheese Skillet with Sunny Side Up Eggs, Biscuit	1 platter	1870	140	73	3	620	6070	129	7	9	5	37	2	30	40	35
Classic Ham & Cheese Skillet with Sunny Side Up Eggs, English Muffin	1 platter	1560	118	61	3	620	5120	98	7	5	2	35	2	25	35	30
Classic Ham & Cheese Skillet with Sunny Side Up Eggs, Marble Rye Toast	1 platter	1590	120	61	3	620	5200	102	8	5	2	36	2	25	35	35
Classic Ham & Cheese Skillet with Sunny Side Up Eggs, Pancakes	1 platter	1840	119	66	3.5	655	5630	167	6	34	30	35	2	35	35	35
Classic Ham & Cheese Skillet with Sunny Side Up Eggs, Sourdough Toast	1 platter	1600	119	61	3	620	5220	106	7	6	1	34	2	25	30	30
Classic Ham & Cheese Skillet with Sunny Side Up Eggs, Wheat Toast	1 platter	1620	121	61	3	620	5160	105	9	7	4	38	2	25	35	35
Classic Ham & Cheese Skillet with Sunny Side Up Eggs, White Toast	1 platter	1600	118	61	3	620	5260	108	7	5	1	37	2	25	40	30
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
Fresh from the Garden Skillet with Basted Eggs																
Fresh from the Garden Skillet with Basted Eggs, Biscuit	1 platter	1680	122	65	3	565	5250	133	9	11	4	26	2	15	40	35
Fresh from the Garden Skillet with Basted Eggs, English Muffin	1 platter	1360	100	53	3	565	4310	103	9	7	1	23	2	10	35	35

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Fresh from the Garden Skillet with Basted Eggs, Marble Rye Toast	1 platter	1390	102	53	3	565	4390	107	9	7	1	25	2	15	35	35
Fresh from the Garden Skillet with Basted Eggs, Pancakes	1 platter	1640	101	58	3.5	595	4820	172	8	36	28	24	2	20	40	35
Fresh from the Garden Skillet with Basted Eggs, Sourdough Toast	1 platter	1400	101	53	3	565	4400	110	9	8	0	23	2	10	30	35
Fresh from the Garden Skillet with Basted Eggs, Wheat Toast	1 platter	1420	103	53	3	565	4340	110	11	9	3	26	2	10	40	35
Fresh from the Garden Skillet with Basted Eggs, White Toast	1 platter	1400	100	53	3	565	4450	113	9	7	0	26	2	10	40	35
Fresh from the Garden Skillet with Egg Whites																
Fresh from the Garden Skillet with Egg Whites, Biscuit	1 platter	1700	125	70	3.5	225	5400	134	9	12	4	25	0	10	30	35
Fresh from the Garden Skillet with Egg Whites, English Muffin	1 platter	1380	103	58	3.5	225	4450	103	9	8	1	23	0	6	20	35
Fresh from the Garden Skillet with Egg Whites, Marble Rye Toast	1 platter	1420	105	58	3.5	225	4530	108	9	8	1	24	0	10	20	35
Fresh from the Garden Skillet with Egg Whites, Pancakes	1 platter	1670	104	63	4	260	4970	173	8	37	28	23	0	15	30	35
Fresh from the Garden Skillet with Egg Whites, Sourdough Toast	1 platter	1430	104	58	3.5	225	4550	111	9	8	0	22	0	6	15	35
Fresh from the Garden Skillet with Egg Whites, Wheat Toast	1 platter	1440	106	58	3.5	225	4490	111	11	10	3	26	0	8	30	35
Fresh from the Garden Skillet with Egg Whites, White Toast	1 platter	1430	103	58	3.5	225	4600	113	9	8	0	25	0	6	30	35
Fresh from the Garden Skillet with Over Easy, Medium, Hard Eggs																
Fresh from the Garden Skillet with Over Easy, Medium, Hard Eggs, Biscuit	1 platter	1680	122	65	3	565	5250	133	9	11	4	26	2	15	40	35
Fresh from the Garden Skillet with Over Easy, Medium, Hard Eggs, English Muffin	1 platter	1360	100	53	3	565	4310	103	9	7	1	23	2	10	35	35
Fresh from the Garden Skillet with Over Easy, Medium, Hard Eggs, Marble Rye Toast	1 platter	1390	102	53	3	565	4390	107	9	7	1	25	2	15	35	35
Fresh from the Garden Skillet with Over Easy, Medium, Hard Eggs, Pancakes	1 platter	1640	101	58	3.5	595	4820	172	8	36	28	24	2	20	40	35
Fresh from the Garden Skillet with Over Easy, Medium, Hard Eggs, Sourdough Toast	1 platter	1400	101	53	3	565	4400	110	9	8	0	23	2	10	30	35
Fresh from the Garden Skillet with Over Easy, Medium, Hard Eggs, Wheat Toast	1 platter	1420	103	53	3	565	4340	110	11	9	3	26	2	10	40	35
Fresh from the Garden Skillet with Over Easy, Medium, Hard Eggs, White Toast	1 platter	1400	100	53	3	565	4450	113	9	7	0	26	2	10	40	35
Fresh from the Garden Skillet with Poached Eggs																
Fresh from the Garden Skillet with Poached Eggs, Biscuit	1 platter	1640	118	63	3	555	5250	133	9	11	4	26	2	15	40	35
Fresh from the Garden Skillet with Poached Eggs, English Muffin	1 platter	1320	96	50	3	550	4310	103	9	7	1	23	2	10	35	35
Fresh from the Garden Skillet with Poached Eggs, Marble Rye Toast	1 platter	1350	97	50	3	550	4390	107	9	7	1	25	2	15	35	35
Fresh from the Garden Skillet with Poached Eggs, Pancakes	1 platter	1600	96	55	3.5	585	4820	172	8	36	28	24	2	20	40	35
Fresh from the Garden Skillet with Poached Eggs, Sourdough Toast	1 platter	1360	97	50	3	550	4400	110	9	8	0	23	2	10	30	35
Fresh from the Garden Skillet with Poached Eggs, Wheat Toast	1 platter	1380	98	51	3	550	4340	110	11	9	3	26	2	10	40	35
Fresh from the Garden Skillet with Poached Eggs, White Toast	1 platter	1370	96	50	3	550	4450	113	9	7	0	26	2	10	40	35
Fresh from the Garden Skillet with Scrambled Eggs																
Fresh from the Garden Skillet with Scrambled Eggs, Biscuit	1 platter	1860	140	75	3.5	780	5440	133	9	11	4	32	3	15	45	35
Fresh from the Garden Skillet with Scrambled Eggs, English Muffin	1 platter	1540	118	62	3.5	780	4490	103	9	7	1	29	3	10	40	35
Fresh from the Garden Skillet with Scrambled Eggs, Marble Rye Toast	1 platter	1580	119	63	3.5	780	4570	107	9	7	1	31	3	15	40	35
Fresh from the Garden Skillet with Scrambled Eggs, Pancakes	1 platter	1830	119	67	4	815	5010	172	8	36	28	30	3	20	45	35
Fresh from the Garden Skillet with Scrambled Eggs, Sourdough Toast	1 platter	1580	119	63	3.5	780	4590	110	9	8	0	29	3	15	35	35
Fresh from the Garden Skillet with Scrambled Eggs, Wheat Toast	1 platter	1600	121	63	3.5	780	4530	110	11	9	3	32	3	15	45	40
Fresh from the Garden Skillet with Scrambled Eggs, White Toast	1 platter	1590	118	62	3.5	780	4640	113	9	7	0	32	3	10	45	35
Fresh from the Garden Skillet with Sunny Side Up Eggs																
Fresh from the Garden Skillet with Sunny Side Up Eggs, Biscuit	1 platter	1680	122	65	3	565	5250	133	9	11	4	26	2	15	40	35
Fresh from the Garden Skillet with Sunny Side Up Eggs, English Muffin	1 platter	1360	100	53	3	565	4310	103	9	7	1	23	2	10	35	35
Fresh from the Garden Skillet with Sunny Side Up Eggs, Marble Rye Toast	1 platter	1390	102	53	3	565	4390	107	9	7	1	25	2	15	35	35
Fresh from the Garden Skillet with Sunny Side Up Eggs, Pancakes	1 platter	1640	101	58	3.5	595	4820	172	8	36	28	24	2	20	40	35
Fresh from the Garden Skillet with Sunny Side Up Eggs, Sourdough Toast	1 platter	1400	101	53	3	565	4400	110	9	8	0	23	2	10	30	35
Fresh from the Garden Skillet with Sunny Side Up Eggs, Wheat Toast	1 platter	1420	103	53	3	565	4340	110	11	9	3	26	2	10	40	35
Fresh from the Garden Skillet with Sunny Side Up Eggs, White Toast	1 platter	1400	100	53	3	565	4450	113	9	7	0	26	2	10	40	35
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
Country Harvest Skillet with Basted Eggs																
Country Harvest Skillet with Basted Eggs, Biscuit	1 platter	1980	148	76	3	645	6050	132	8	10	4	44	2	30	45	30
Country Harvest Skillet with Basted Eggs, English Muffin	1 platter	1670	126	63	3	645	5100	101	8	6	1	42	2	25	45	30
Country Harvest Skillet with Basted Eggs, Marble Rye Toast	1 platter	1700	128	64	3	645	5180	105	9	6	1	43	2	30	45	30
Country Harvest Skillet with Basted Eggs, Pancakes	1 platter	1950	127	68	3.5	675	5620	170	7	35	28	42	2	35	45	30
Country Harvest Skillet with Basted Eggs, Sourdough Toast	1 platter	1710	128	64	3	645	5200	108	8	7	0	41	2	25	40	30
Country Harvest Skillet with Basted Eggs, Wheat Toast	1 platter	1730	129	64	3	645	5140	108	10	9	3	45	2	25	45	35

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Country Harvest Skillet with Basted Eggs, White Toast	1 platter	1710	126	63	3	645	5240	111	8	6	0	44	2	25	45	30
Country Harvest Skillet with Egg Whites																
Country Harvest Skillet with Egg Whites, Biscuit	1 platter	2010	151	81	3.5	310	6200	132	8	11	4	43	0	25	35	35
Country Harvest Skillet with Egg Whites, English Muffin	1 platter	1690	129	68	3.5	305	5250	102	8	7	1	41	0	20	35	30
Country Harvest Skillet with Egg Whites, Marble Rye Toast	1 platter	1730	131	69	3.5	305	5330	106	9	7	1	42	0	25	35	30
Country Harvest Skillet with Egg Whites, Pancakes	1 platter	1980	130	73	4	340	5760	171	7	36	28	41	0	30	35	35
Country Harvest Skillet with Egg Whites, Sourdough Toast	1 platter	1740	131	69	3.5	305	5350	109	8	8	0	40	0	25	30	30
Country Harvest Skillet with Egg Whites, Wheat Toast	1 platter	1750	132	69	3.5	305	5290	109	10	9	3	44	0	25	35	35
Country Harvest Skillet with Egg Whites, White Toast	1 platter	1740	129	68	3.5	305	5390	112	8	7	0	43	0	20	35	30
Country Harvest Skillet with Over Easy, Medium, Hard Eggs																
Country Harvest Skillet with Over Easy, Medium, Hard Eggs, Biscuit	1 platter	1980	148	76	3	645	6050	132	8	10	4	44	2	30	45	30
Country Harvest Skillet with Over Easy, Medium, Hard Eggs, English Muffin	1 platter	1670	126	63	3	645	5100	101	8	6	1	42	2	25	45	30
Country Harvest Skillet with Over Easy, Medium, Hard Eggs, Marble Rye Toast	1 platter	1700	128	64	3	645	5180	105	9	6	1	43	2	30	45	30
Country Harvest Skillet with Over Easy, Medium, Hard Eggs, Pancakes	1 platter	1950	127	68	3.5	675	5620	170	7	35	28	42	2	35	45	30
Country Harvest Skillet with Over Easy, Medium, Hard Eggs, Sourdough Toast	1 platter	1710	128	64	3	645	5200	108	8	7	0	41	2	25	40	30
Country Harvest Skillet with Over Easy, Medium, Hard Eggs, Wheat Toast	1 platter	1730	129	64	3	645	5140	108	10	9	3	45	2	25	45	35
Country Harvest Skillet with Over Easy, Medium, Hard Eggs, White Toast	1 platter	1710	126	63	3	645	5240	111	8	6	0	44	2	25	45	30
Country Harvest Skillet with Poached Eggs																
Country Harvest Skillet with Poached Eggs, Biscuit	1 platter	1950	144	73	3	635	6050	132	8	10	4	44	2	30	45	30
Country Harvest Skillet with Poached Eggs, English Muffin	1 platter	1630	122	61	3	630	5100	101	8	6	1	42	2	25	45	30
Country Harvest Skillet with Poached Eggs, Marble Rye Toast	1 platter	1660	124	61	3	635	5180	105	9	6	1	43	2	30	45	30
Country Harvest Skillet with Poached Eggs, Pancakes	1 platter	1910	123	66	3.5	665	5620	170	7	35	28	42	2	35	45	30
Country Harvest Skillet with Poached Eggs, Sourdough Toast	1 platter	1670	123	61	3	635	5200	108	8	7	0	41	2	25	40	30
Country Harvest Skillet with Poached Eggs, Wheat Toast	1 platter	1690	125	61	3	635	5140	108	10	9	3	45	2	25	45	35
Country Harvest Skillet with Poached Eggs, White Toast	1 platter	1680	122	61	3	630	5240	111	8	6	0	44	2	25	45	30
Country Harvest Skillet with Scrambled Eggs																
Country Harvest Skillet with Scrambled Eggs, Biscuit	1 platter	2170	166	85	3.5	865	6240	132	8	10	4	50	3	35	50	35
Country Harvest Skillet with Scrambled Eggs, English Muffin	1 platter	1850	144	73	3.5	860	5290	101	8	6	1	48	3	30	50	35
Country Harvest Skillet with Scrambled Eggs, Marble Rye Toast	1 platter	1890	146	73	3.5	860	5370	105	9	6	1	49	3	30	50	35
Country Harvest Skillet with Scrambled Eggs, Pancakes	1 platter	2140	145	78	4	895	5800	170	7	35	28	48	3	40	50	35
Country Harvest Skillet with Scrambled Eggs, Sourdough Toast	1 platter	1890	146	73	3.5	860	5390	108	8	7	0	47	3	30	45	35
Country Harvest Skillet with Scrambled Eggs, Wheat Toast	1 platter	1910	147	73	3.5	860	5330	108	10	9	3	51	3	30	50	35
Country Harvest Skillet with Scrambled Eggs, White Toast	1 platter	1900	144	73	3.5	860	5430	111	8	6	0	50	3	30	50	35
Country Harvest Skillet with Sunny Side Up Eggs																
Country Harvest Skillet with Sunny Side Up Eggs, Biscuit	1 platter	1980	148	76	3	645	6050	132	8	10	4	44	2	30	45	30
Country Harvest Skillet with Sunny Side Up Eggs, English Muffin	1 platter	1670	126	63	3	645	5100	101	8	6	1	42	2	25	45	30
Country Harvest Skillet with Sunny Side Up Eggs, Marble Rye Toast	1 platter	1700	128	64	3	645	5180	105	9	6	1	43	2	30	45	30
Country Harvest Skillet with Sunny Side Up Eggs, Pancakes	1 platter	1950	127	68	3.5	675	5620	170	7	35	28	42	2	35	45	30
Country Harvest Skillet with Sunny Side Up Eggs, Sourdough Toast	1 platter	1710	128	64	3	645	5200	108	8	7	0	41	2	25	40	30
Country Harvest Skillet with Sunny Side Up Eggs, Wheat Toast	1 platter	1730	129	64	3	645	5140	108	10	9	3	45	2	25	45	35
Country Harvest Skillet with Sunny Side Up Eggs, White Toast	1 platter	1710	126	63	3	645	5240	111	8	6	0	44	2	25	45	30
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
The Works Skillet																
The Works Skillet with Basted Eggs, Biscuit	1 platter	1920	144	74	3	630	5980	132	8	11	5	41	10	30	40	35
The Works Skillet with Basted Eggs, English Muffin	1 platter	1610	122	62	3	625	5030	101	8	7	3	39	10	25	40	35
The Works Skillet with Basted Eggs, Marble Rye Toast	1 platter	1640	123	62	3	630	5110	105	8	7	2	40	10	30	40	35
The Works Skillet with Basted Eggs, Pancakes	1 platter	1890	122	67	3.5	660	5540	170	7	36	30	39	10	35	40	35
The Works Skillet with Basted Eggs, Sourdough Toast	1 platter	1650	123	62	3	630	5130	109	8	8	2	38	10	25	35	35
The Works Skillet with Basted Eggs, Wheat Toast	1 platter	1670	124	62	3	630	5070	108	10	9	4	42	10	25	40	35
The Works Skillet with Basted Eggs, White Toast	1 platter	1650	122	62	3	625	5170	111	8	7	2	41	10	25	40	35
The Works Skillet with Egg Whites																
The Works Skillet with Egg Whites, Biscuit	1 platter	1950	147	79	3.5	290	6120	132	8	12	5	40	8	25	30	35
The Works Skillet with Egg Whites, English Muffin	1 platter	1630	125	67	3.5	290	5180	102	8	8	3	38	8	20	30	35

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The Works Skillet with Egg Whites, Marble Rye Toast	1 platter	1670	126	67	3.5	290	5260	106	8	8	2	39	8	25	30	35
The Works Skillet with Egg Whites, Pancakes	1 platter	1920	125	72	4	325	5690	171	7	36	30	38	8	30	30	35
The Works Skillet with Egg Whites, Sourdough Toast	1 platter	1680	126	67	3.5	290	5270	109	8	8	2	37	8	20	20	35
The Works Skillet with Egg Whites, Wheat Toast	1 platter	1690	127	67	3.5	290	5210	109	10	10	4	41	8	20	30	35
The Works Skillet with Egg Whites, White Toast	1 platter	1680	125	67	3.5	290	5320	112	8	8	2	40	8	20	30	35
The Works Skillet with Over Easy, Medium, Hard Eggs																
The Works Skillet with Over Easy, Medium, Hard Eggs, Biscuit	1 platter	1920	144	74	3	630	5980	132	8	11	5	41	10	30	40	35
The Works Skillet with Over Easy, Medium, Hard Eggs, English Muffin	1 platter	1610	122	62	3	625	5030	101	8	7	3	39	10	25	40	35
The Works Skillet with Over Easy, Medium, Hard Eggs, Marble Rye Toast	1 platter	1640	123	62	3	630	5110	105	8	7	2	40	10	30	40	35
The Works Skillet with Over Easy, Medium, Hard Eggs, Pancakes	1 platter	1890	122	67	3.5	660	5540	170	7	36	30	39	10	35	40	35
The Works Skillet with Over Easy, Medium, Hard Eggs, Sourdough Toast	1 platter	1650	123	62	3	630	5130	109	8	8	2	38	10	25	35	35
The Works Skillet with Over Easy, Medium, Hard Eggs, Wheat Toast	1 platter	1670	124	62	3	630	5070	108	10	9	4	42	10	25	40	35
The Works Skillet with Over Easy, Medium, Hard Eggs, White Toast	1 platter	1650	122	62	3	625	5170	111	8	7	2	41	10	25	40	35
The Works Skillet with Poached Eggs																
The Works Skillet with Poached Eggs, Biscuit	1 platter	1890	139	72	3	620	5980	132	8	11	5	41	10	30	40	35
The Works Skillet with Poached Eggs, English Muffin	1 platter	1570	117	59	3	615	5030	101	8	7	3	39	10	25	40	35
The Works Skillet with Poached Eggs, Marble Rye Toast	1 platter	1600	119	60	3	615	5110	105	8	7	2	40	10	30	40	35
The Works Skillet with Poached Eggs, Pancakes	1 platter	1850	118	64	3.5	650	5540	170	7	36	30	39	10	35	40	35
The Works Skillet with Poached Eggs, Sourdough Toast	1 platter	1610	119	59	3	615	5130	109	8	8	2	38	10	25	35	35
The Works Skillet with Poached Eggs, Wheat Toast	1 platter	1630	120	60	3	615	5070	108	10	9	4	42	10	25	40	35
The Works Skillet with Poached Eggs, White Toast	1 platter	1610	117	59	3	615	5170	111	8	7	2	41	10	25	40	35
The Works Skillet with Scrambled Eggs																
The Works Skillet with Scrambled Eggs, Biscuit	1 platter	2110	161	84	3.5	845	6160	132	8	11	5	47	11	30	45	35
The Works Skillet with Scrambled Eggs, English Muffin	1 platter	1790	140	72	3.5	845	5220	101	8	7	3	45	11	25	45	35
The Works Skillet with Scrambled Eggs, Marble Rye Toast	1 platter	1830	141	72	3.5	845	5300	105	8	7	2	46	11	30	45	35
The Works Skillet with Scrambled Eggs, Pancakes	1 platter	2070	140	76	4	880	5730	170	7	36	30	45	11	35	45	35
The Works Skillet with Scrambled Eggs, Sourdough Toast	1 platter	1830	141	72	3.5	845	5310	109	8	8	2	44	11	30	40	35
The Works Skillet with Scrambled Eggs, Wheat Toast	1 platter	1850	142	72	3.5	845	5250	108	10	9	4	48	11	30	45	40
The Works Skillet with Scrambled Eggs, White Toast	1 platter	1840	140	72	3.5	845	5360	111	8	7	2	47	11	25	45	35
The Works Skillet with Sunny Side Up Eggs																
The Works Skillet with Sunny Side Up Eggs, Biscuit	1 platter	1920	144	74	3	630	5980	132	8	11	5	41	10	30	40	35
The Works Skillet with Sunny Side Up Eggs, English Muffin	1 platter	1610	122	62	3	625	5030	101	8	7	3	39	10	25	40	35
The Works Skillet with Sunny Side Up Eggs, Marble Rye Toast	1 platter	1640	123	62	3	630	5110	105	8	7	2	40	10	30	40	35
The Works Skillet with Sunny Side Up Eggs, Pancakes	1 platter	1890	122	67	3.5	660	5540	170	7	36	30	39	10	35	40	35
The Works Skillet with Sunny Side Up Eggs, Sourdough Toast	1 platter	1650	123	62	3	630	5130	109	8	8	2	38	10	25	35	35
The Works Skillet with Sunny Side Up Eggs, Wheat Toast	1 platter	1670	124	62	3	630	5070	108	10	9	4	42	10	25	40	35
The Works Skillet with Sunny Side Up Eggs, White Toast	1 platter	1650	122	62	3	625	5170	111	8	7	2	41	10	25	40	35
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
The Denver Skillet with Basted Eggs																
The Denver Skillet with Basted Eggs, Biscuit	1 platter	1830	135	72	3	610	5750	132	8	11	5	34	2	30	40	35
The Denver Skillet with Basted Eggs, English Muffin	1 platter	1520	113	59	3	605	4800	101	8	7	2	32	2	25	35	35
The Denver Skillet with Basted Eggs, Marble Rye Toast	1 platter	1550	115	60	3	605	4880	106	9	7	1	33	2	30	35	35
The Denver Skillet with Basted Eggs, Pancakes	1 platter	1800	114	64	3.5	640	5310	171	7	35	29	32	2	35	35	35
The Denver Skillet with Basted Eggs, Sourdough Toast	1 platter	1560	115	59	3	605	4900	109	8	7	1	31	2	25	30	35
The Denver Skillet with Basted Eggs, Wheat Toast	1 platter	1580	116	60	3	605	4840	109	10	9	3	35	2	25	35	35
The Denver Skillet with Basted Eggs, White Toast	1 platter	1560	113	59	3	605	4940	111	8	7	1	34	2	25	40	35
The Denver Skillet with Egg Whites																
The Denver Skillet with Egg Whites, Biscuit	1 platter	1860	139	77	3.5	270	5900	133	8	12	5	33	0	25	30	35
The Denver Skillet with Egg Whites, English Muffin	1 platter	1540	117	64	3.5	270	4950	102	8	7	2	31	0	20	20	35
The Denver Skillet with Egg Whites, Marble Rye Toast	1 platter	1580	118	65	3.5	270	5030	107	9	7	1	32	0	25	20	35
The Denver Skillet with Egg Whites, Pancakes	1 platter	1830	117	69	4	305	5460	171	7	36	29	31	0	30	20	35
The Denver Skillet with Egg Whites, Sourdough Toast	1 platter	1590	118	65	3.5	270	5040	110	8	8	1	31	0	20	15	35
The Denver Skillet with Egg Whites, Wheat Toast	1 platter	1600	119	65	3.5	270	4990	109	10	10	3	34	0	20	20	35

Breakfast Skillet Nutritional Information

The Denver Skillet with Egg Whites, White Toast	1 platter	1590	117	64	3.5	270	5090	112	8	8	1	33	0	20	30	35
The Denver Skillet with Over Easy, Medium, Hard Eggs																
The Denver Skillet with Over Easy, Medium, Hard Eggs, Biscuit	1 platter	1830	135	72	3	610	5750	132	8	11	5	34	2	30	40	35
The Denver Skillet with Over Easy, Medium, Hard Eggs, English Muffin	1 platter	1520	113	59	3	605	4800	101	8	7	2	32	2	25	35	35
The Denver Skillet with Over Easy, Medium, Hard Eggs, Marble Rye Toast	1 platter	1550	115	60	3	605	4880	106	9	7	1	33	2	30	35	35
The Denver Skillet with Over Easy, Medium, Hard Eggs, Pancakes	1 platter	1800	114	64	3.5	640	5310	171	7	35	29	32	2	35	35	35
The Denver Skillet with Over Easy, Medium, Hard Eggs, Sourdough Toast	1 platter	1560	115	59	3	605	4900	109	8	7	1	31	2	25	30	35
The Denver Skillet with Over Easy, Medium, Hard Eggs, Wheat Toast	1 platter	1580	116	60	3	605	4840	109	10	9	3	35	2	25	35	35
The Denver Skillet with Over Easy, Medium, Hard Eggs, White Toast	1 platter	1560	113	59	3	605	4940	111	8	7	1	34	2	25	40	35
The Denver Skillet with Poached Eggs																
The Denver Skillet with Poached Eggs, Biscuit	1 platter	1800	131	69	3	595	5750	132	8	11	5	34	2	30	40	35
The Denver Skillet with Poached Eggs, English Muffin	1 platter	1480	109	57	3	595	4800	101	8	7	2	32	2	25	35	35
The Denver Skillet with Poached Eggs, Marble Rye Toast	1 platter	1510	111	57	3	595	4880	106	9	7	1	33	2	30	35	35
The Denver Skillet with Poached Eggs, Pancakes	1 platter	1760	110	62	3.5	630	5310	171	7	35	29	32	2	35	35	35
The Denver Skillet with Poached Eggs, Sourdough Toast	1 platter	1520	111	57	3	595	4900	109	8	7	1	31	2	25	30	35
The Denver Skillet with Poached Eggs, Wheat Toast	1 platter	1540	112	57	3	595	4840	109	10	9	3	35	2	25	35	35
The Denver Skillet with Poached Eggs, White Toast	1 platter	1520	109	57	3	595	4940	111	8	7	1	34	2	25	40	35
The Denver Skillet with Scrambled Eggs																
The Denver Skillet with Scrambled Eggs, Biscuit	1 platter	2020	153	81	3.5	825	5940	132	8	11	5	40	3	30	45	35
The Denver Skillet with Scrambled Eggs, English Muffin	1 platter	1700	131	69	3.5	825	4990	101	8	7	2	38	3	25	40	35
The Denver Skillet with Scrambled Eggs, Marble Rye Toast	1 platter	1740	133	69	3.5	825	5070	106	9	7	1	39	3	30	40	35
The Denver Skillet with Scrambled Eggs, Pancakes	1 platter	1980	132	74	4	860	5500	171	7	35	29	38	3	35	40	35
The Denver Skillet with Scrambled Eggs, Sourdough Toast	1 platter	1740	133	69	3.5	825	5090	109	8	7	1	37	3	25	35	35
The Denver Skillet with Scrambled Eggs, Wheat Toast	1 platter	1760	134	69	3.5	825	5030	109	10	9	3	41	3	30	40	35
The Denver Skillet with Scrambled Eggs, White Toast	1 platter	1750	131	69	3.5	825	5130	111	8	7	1	40	3	25	45	35
The Denver Skillet with Sunny Side Up Eggs																
The Denver Skillet with Sunny Side Up Eggs, Biscuit	1 platter	1830	135	72	3	610	5750	132	8	11	5	34	2	30	40	35
The Denver Skillet with Sunny Side Up Eggs, English Muffin	1 platter	1520	113	59	3	605	4800	101	8	7	2	32	2	25	35	35
The Denver Skillet with Sunny Side Up Eggs, Marble Rye Toast	1 platter	1550	115	60	3	605	4880	106	9	7	1	33	2	30	35	35
The Denver Skillet with Sunny Side Up Eggs, Pancakes	1 platter	1800	114	64	3.5	640	5310	171	7	35	29	32	2	35	35	35
The Denver Skillet with Sunny Side Up Eggs, Sourdough Toast	1 platter	1560	115	59	3	605	4900	109	8	7	1	31	2	25	30	35
The Denver Skillet with Sunny Side Up Eggs, Wheat Toast	1 platter	1580	116	60	3	605	4840	109	10	9	3	35	2	25	35	35
The Denver Skillet with Sunny Side Up Eggs, White Toast	1 platter	1560	113	59	3	605	4940	111	8	7	1	34	2	25	40	35