

Breakfast Skillets Nutritional Information

Item Name	Serving Size	Calories	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Added Sugars (g)	Prot (g)
Garden Skillet												
Garden Skillet with Biscuit	1 platter	1700	131	72	0	615	1520	97	2.35	10	0.99	31
Garden Skillet with English Muffin	1 platter	1490	115	62	0	615	690	83	2.35	8	1	29
Garden Skillet with Pancakes	1 platter	1780	115	68	0	645	1210	153	1.35	37	28.32	29
Garden Skillet with Marble Rye Toast	1 platter	1520	115	62	0	615	790	90	3.14	8	0.51	31
Garden Skillet with Sourdough Toast	1 platter	1540	116	63	0	615	800	92	2.65	9	0	29
Garden Skillet with Wheat Toast	1 platter	1580	118	63	0	615	770	96	5.15	11	3.14	33
Garden Skillet with White Toast	1 platter	1580	117	63	0	615	890	98	2.45	8	0	32
Chicken Fried Steak Skillet												
Chicken Fried Steak Skillet with Biscuit	1 platter	2340	160	79	0	700	2790	156	2	9	0.99	62
Chicken Fried Steak Skillet with English Muffin	1 platter	2130	144	69	0	695	1950	141	2	7	1	60
Chicken Fried Steak Skillet with Pancakes	1 platter	2420	145	74	0	725	2480	211	1	35	28.32	60
Chicken Fried Steak Skillet with Marble Rye Toast	1 platter	2160	144	69	0	695	2060	148	2.79	7	0.51	62
Chicken Fried Steak Skillet with Sourdough Toast	1 platter	2180	146	69	0	695	2070	151	2.3	7	0	60
Chicken Fried Steak Skillet with Wheat Toast	1 platter	2220	147	69	0	695	2040	154	4.8	9	3.14	64
Chicken Fried Steak Skillet with White Toast	1 platter	2220	146	69	0	695	2160	156	2.1	7	0	63
Three Meat Skillet												
Three Meat Skillet with Biscuit	1 platter	1970	156	80	0	685	2260	92	1	8	0.99	50
Three Meat Skillet with English Muffin	1 platter	1760	139	70	0	685	1430	78	1	6	1	48
Three Meat Skillet with Pancakes	1 platter	2050	140	76	0	715	1950	148	0	34	28.32	48
Three Meat Skillet with Marble Rye Toast	1 platter	1790	139	70	0	685	1530	85	1.79	6	0.51	50
Three Meat Skillet with Sourdough Toast	1 platter	1810	141	71	0	685	1540	87	1.3	6	0	48
Three Meat Skillet with Wheat Toast	1 platter	1850	142	71	0	685	1520	91	3.8	8	3.14	52
Three Meat Skillet with White Toast	1 platter	1840	141	71	0	685	1630	93	1.1	6	0	51
Country Harvest Skillet												
Country Harvest Skillet with Biscuit	1 platter	1900	148	78	0	670	2140	96	2.01	9	0.99	43
Country Harvest Skillet with English Muffin	1 platter	1690	132	68	0	665	1310	82	2.01	7	1	41
Country Harvest Skillet with Pancakes	1 platter	1980	132	73	0	695	1830	151	1.01	36	28.32	42
Country Harvest Skillet with Marble Rye Toast	1 platter	1720	132	68	0	665	1410	89	2.8	7	0.51	43
Country Harvest Skillet with Sourdough Toast	1 platter	1740	133	68	0	665	1420	91	2.31	8	0	41
Country Harvest Skillet with Wheat Toast	1 platter	1780	135	69	0	665	1390	94	4.81	10	3.14	45
Country Harvest Skillet with White Toast	1 platter	1780	134	68	0	665	1510	96	2.11	7	0	44
Create Your Own Skillet												
Create Your Own Skillet with Biscuit	1 platter	1560	122	67	0	590	1330	92	1	7	0.99	24
Create Your Own Skillet with English Muffin	1 platter	1350	105	57	0	590	500	77	1	5	1	22
Create Your Own Skillet with Pancakes	1 platter	1640	106	62	0	620	1020	147	0	34	28.32	22
Create Your Own Skillet with Marble Rye Toast	1 platter	1380	105	57	0	590	600	84	1.79	5	0.51	24
Create Your Own Skillet with Sourdough Toast	1 platter	1410	107	57	0	590	620	87	1.3	5	0	21

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Create Your Own Skillet with Wheat Toast	1 platter	1440	109	58	0	590	590	90	3.8	8	3.14	26
Create Your Own Skillet with White Toast	1 platter	1440	107	58	0	590	700	92	1.1	5	0	25