

CALORIES PER OZ:

170

TOTAL PROTEIN:

36G

ULTIMATE BREAKFAST SCRAMBLE

FARM FRESH EGGS, APPLEWOOD SMOKED BACON, COUNTRY HAM, AND BREAKFAST SAUSAGE WITH ROASTED POTATOES AND A HERBED JALAPENO CHEDDAR BECHAMEL SAUCE.

MEAL PREPARATION:

- 1 OPEN POUCH AT TEAR NOTCH AND REMOVE OXYGEN ABSORBER.
- 2 ADD 8OZ (235ML) BOILING WATER AND STIR WELL.
- 3 ZIP POUCH CLOSED AND LET SIT 10-12 MINUTES
LONGER AT ELEVATION
- 4 OPEN, STIR AGAIN AND ENJOY!



PROUDLY MADE IN
EMMETT, IDAHO



Nutrition Facts	
1 servings per container	
Serving size	(113g)
Amount Per Serving	
Calories	680
% Daily Value*	
Total Fat 40g	51%
Saturated Fat 14g	70%
Trans Fat 0g	
Cholesterol 330mg	110%
Sodium 1190mg	52%
Total Carbohydrate 45g	16%
Dietary Fiber 7g	25%
Total Sugars 13g	
Includes 0g Added Sugars	0%
Protein 36g	72%
Vitamin D 2mcg	10%
Calcium 247mg	20%
Iron 4mg	20%
Potassium 1275mg	25%
*The % Daily Value (DV) 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.	

THE ALPINE RANCH

PROMISE:

HIGH PROTEIN, HIGH CALORIE.
HAND-CRAFTED WITH
CLEAN, NATURAL INGREDIENTS.
NO ADDITIVES OR FILLERS.

INGREDIENTS:

ORGANIC YUKON GOLD POTATOES, ORGANIC EGGS, UNCURED BACON, UNCURED HAM, BREAKFAST SAUSAGE (GROUND PORK, SPICES), ORGANIC YELLOW ONION, ORGANIC BELL PEPPER, ORGANIC JALAPENOS, ORGANIC CHIVES, ORGANIC DILL, ORGANIC WHOLE MILK, ORGANIC CHEDDAR CHEESE (ORGANIC MILK, CULTURES, ENZYMES, SALT), ORGANIC BUTTER, STONE GROUND BROWN RICE FLOUR

CONTAINS:

EGGS, MILK

WWW.ALPINERANCH.NET