

Avocado smashed

Nutrient	Estimated total
Calories	735 kcal
Protein	25 g
Carbohydrates	66 g
Fiber	10 g
Total fat	45 g
Saturated fat	16 g
Cholesterol	470 mg
Sodium	700–900 mg

Eggs Florentine

Nutrient	Estimated total
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Calories	675 kcal
Protein	32 g
Carbohydrates	49 g
Fiber	7–8 g
Sugars	2–3 g
Total fat	30 g
Saturated fat	12–13 g
Cholesterol	470–500 mg
Sodium	900–1,100 mg

Croque Madam

Nutrient	Estimated total
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Calories	710 kcal

Protein	33 g	
Carbohydrates	52 g	
Fiber	2–4 g	
Sugars	5–7 g	
Total fat	37 g	
Saturated fat	20 g	
Cholesterol	250–300 mg	
Sodium	1,000–1,200 mg	

Za’Atar Chilly eggs

Nutrient	Estimated total	
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Calories	805 kcal	
Protein	27 g	
Carbohydrates	55 g	
Fiber	3–5 g	
Sugars	7–9 g	
Total fat	43 g	
Saturated fat	10–11 g	
Cholesterol	375–400 mg	
Sodium	500–650 mg	

Supa de rosii si toast

Nutrient	Estimated total	
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Calories	810 kcal	
Protein	25 g	
Carbohydrates	59 g	

Fiber	4–6 g	
Sugars	10–13 g	
Total fat	48 g	
Saturated fat	15–16 g	
Cholesterol	60–70 mg	
Sodium	850–1,150 mg	

Oua ochi sau omleta

Nutrient	Estimated total	
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Calories	545 kcal	
Protein	24 g	
Carbohydrates	52 g	
Fiber	2–3 g	
Sugars	3–5 g	
Total fat	25 g	
Saturated fat	10–11 g	
Cholesterol	375–400 mg	
Sodium	450–600 mg	

Club Somon

Nutrient	Estimated total
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Calories	1,045 kcal
Protein	32 g
Carbohydrates	117 g
Fiber	7–9 g

Sugars	8–11 g	
Total fat	46 g	
Saturated fat	14 g	
Cholesterol	60–80 mg	
Sodium	1,300–1,500 mg	

Friganele cu gem

Nutrient	Estimated total
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Calories	845 kcal
Protein	19 g
Carbohydrates	121 g
Fiber	2–3 g
Sugars	65–70 g
Total fat	31 g
Saturated fat	14–15 g
Cholesterol	190–200 mg
Sodium	700–800 mg

Banana bread

Nutrient	Estimated total	
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Calories	875 kcal	
Protein	24 g	
Carbohydrates	113 g	
Fiber	8–10 g	
Sugars	60–65 g	

Belgian waffle and fried chicken

Nutrient	Estimated total
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Calories	835 kcal
Protein	23 g
Carbohydrates	93 g
Fiber	2–4 g
Sugars	40–45 g
Total fat	40 g
Saturated fat	12–14 g
Cholesterol	110–140 mg
Sodium	800–1,000 mg

Total fat	40 g
Saturated fat	13–14 g
Cholesterol	55–75 mg
Sodium	350–500 mg

Melt on waffle

Nutrient	Estimated total
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Calories	1,330 kcal
Protein	67 g

| Carbohydrates | 67 g |

| Fiber | 1–3 g |

| Sugars | 30–32 g |

| Total fat | 85 g |

| Saturated fat | 35–36 g |

| Cholesterol | 230–260 mg |

| Sodium | 3,100–3,400 mg |