

Country Inn Suites
Breakfast Nutrition Guide

Breakfast Item	Serving Size	Calories	Calories from Fat	Total Fat (g)	Sat. Fat (g)	Carbs (g)	Cholesterol (mg)	Sodium (mg)	Sugar (g)	Protein (g)
Apple, Granny Smith	1 Apple	60	0	0	0	17	0	0	14	0
Apple, Red	1 Apple	80	0	0	0	22	0	0	16	0
Bagel Plain	3oz	85	2	1	0	19	0	130	1	3
Banana	1 Banana	92	0	0	0	23	0	1	0	1
Biscuit, Buttermilk	1 Biscuit	140	50	6	2	31	0	440	0	4
Bread, Raisin	1 Slice	71	10	1	0	14	0	101	1	2
Bread, Rye	1 Slice	83	9	1	0	15	0	211	0	3
Bread, Texas Style	1 Slice	213	54	6	1	32	82	495	0	7
Bread, Whole Wheat	1 Slice	69	10	1	0	13	0	148	6	3
Butter	1 Spread Cup	40	40	4	0	0	11	31	0	0
Cake, Pound Loaf	1 Loaf	250	90	10	3	37	45	280	20	4
Cereal, Cheerios	3/4 Cup	110	15	2	0	22	0	280	1	3
Cereal, Cocoa Puffs	1 Cup	117	9	1	0	26	0	171	14	1
Cereal, Frosted Flakes	3/4 Cup	110	0	0	0	27	0	16	12	1
Cereal, Granola	1/2 Cup	160	0	0	0	33	0	45	0	3
Cereal, Raisin Bran	1.3oz	110	0	0	0	28	0	190	0	2
Cinnamon	1 tsp	6	0	0	0	1.8	0	0	0	0.1
Cocoa, Hot Mix	1 Packet	50	10	1	0	9	0	125	8	4
Cream Cheese	1 Container	100	80	9	6	2	30	90	1	2
Cream Cheese, Lite	1 Container	70	50	6	4	2	20	90	1	2
Danish, Apple	1 Danish	160	90	10	3	18	5	105	15	1
Danish, Strawberry	1 Danish	160	90	10	3	18	5	105	15	1
Donut Powdered	1 Donut	567	279	31	8	61	38	705	9	5
Donut, Chocolate	1 Donut	567	279	31	8	61	38	705	9	6
Donut, Crunch	1 Donut	567	279	31	8	61	38	705	9	7
Donut, Plain	1 Donut	567	279	31	8	61	38	705	9	6
Egg, Omelette	3oz	180	120	13	3.5	4	325	330	1	10
Eggs, Hardboiled	1 Egg	70	40	5	2	1	175	55	0	5
Eggs, Scrambled	10 grams	120	70	8	3	2	320	110	2	10
English Muffin	1 Muffin	134	9	1	0	26	0	264	0	4
French Toast	1 Piece	126	25	3	1	22	45	220	4	5
Fruit Salad	1/2 Cup	90	0	0	0	21	0	10	18	1
Grapefruit	1 Grapefruit	53	1	0	0	13	0	0	12	1
Gravy, Sausage	2 fl oz	100	70	8	2	4	15	240	0	2
Ham, Breakfast	1 Slice	90	70	8	3	0	20	170	0	4
Hash Brown Potato	3oz	130	50	6	2.5	18	5	340	1	2
Hash, Corned Beef	1 Cup	420	270	30	13	22	90	1590	2	19
Honey	1/2oz	34	0	0	0	11	0	2	11	0
Juice, Apple	8oz	120	0	0	0	29	0	10	29	1
Juice, Grapefruit	8oz	110	0	0	0	27	0	0	27	0
Juice, Orange	8oz	120	0	0	0	29	0	20	28	0
Juice, Pineapple	6oz	80	0	0	0	22	0	10	20	0
Juice, Tomato	6oz	35	0	0	0	8	0	560	5	1
Milk, 2%	1 cup	120	45	5	3	11	20	120	12	8
Milk, Skim	1 Cup	86	4	0	0	12	5	128	12	8
Muffin, Banana Nut	1 Muffin	430	200	22	4	53	50	410	30	7
Muffin, Blueberry	1 Muffin	190	80	9	2	25	30	250	13	3
Muffin, Harvest Bran	1 Muffin	178	42	5	1	32	0	259	5	5
Nutri Grain Bars	1 Bar	140	25	3	0.5	27	0	110	13	2
Oatmeal Instant, Flavored	1 Packet	150	25	3	0.4	30	0	0	12	3
Oatmeal Instant, Regular	1 Packet	150	25	2	0.3	22	0	0	1	4
Oatmeal, Cooked	1 Cup	150	25	2	0.5	27	0	0	1	5
Orange	1 Orange	46	0	0	0	12	0	0	0	1
Peanut Butter	1 tbsp	100	70	16	3	6		140		7
Promise Spread	1 tbsp	87	86	10	2	0	0	98	0	0
Raisins	1/4 cup	130	0	0	0	31	0	10	28	1
Sausage , Link	2 links	70	55	6.5	0.22	0	15	155	0	3
Sausage , Patty	1 Patty (28 g)	110	90	10	4	0	20	160	0	4
Sugar	1 Packet	10	0	0	0	3	0	0	3	0
Sugar Substitute, Indulge	1 pkt	4g	0	0	0	1	0	0	1	0
Sugar, Brown	1 tsp	15	0	0	0	4	0	0	4	5
Syrup, Maple	1.5oz. Cup	160	0	0	0	44	0	10	43	0
Waffle, Belgium	1 Waffle	218	95	11	2	25	52	383	0	6
Yogurt Strawberry	6oz	120	0	0	0	23	5	65	0	5
Yogurt, Custard	1 Cup	149	70	8	5	11	32	113	11	9
Yogurt, Lt Strawberry	6oz	135	9	1	1	27	11	56	25	4
Yogurt, Lt. Blueberry	1 Cup	135	9	1	1	27	11	56	25	4

*Please note that we may substitute specific brands or products and these items may not be listed. Although accurate, the information provided should be used as a guideline and not to make dietary decisions that could cause a health threat.