

Bacon and Cheese Omelet

Nutrition Facts

Serving Size 1 Omelet (185g)

Servings Per Container 1

Amount Per Serving

Calories 444 **Calories From Fat** 297

		% Daily Value*
Total Fat	33g	51%
Saturated Fat	16g	82%
Trans Fat	<1 g	0%
Cholesterol	608mg	203%
Sodium	796mg	33%
Total Carbohydrate	<1g	0%
Dietary Fiber	<1g	0%
Sugars	<1g	

Protein 31g

Vitamin A 26% ● Vitamin C 0%

Calcium 35% ● Iron 11%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories	2,000	2,500
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Ingredients: Eggs (Liquid Whole Eggs, Citric Acid, Water); Bacon (cured with: Water, Salt, Sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite); Mild Shredded Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Annatto, Potato Starch, Powdered Cellulose, Natamycin); Vegalene Non-Stick Pan Spray (Partially Hydrogenated Soybean Oil, Canola Oil, Sunflower Oil, Lecithin, Natural Flavor, Beta-Carotene).

Allergy Information: Eggs, Soybeans, Milk