

Cheese Medley Omelet

Nutrition Facts

Serving Size 1 Omelet (168.4g)

Servings Per Container 1

Amount Per Serving

Calories 351 **Calories From Fat** 234

		% Daily Value*
Total Fat	26g	41%
Saturated Fat	17g	85%
Trans Fat	<1 g	0%
Cholesterol	242mg	81%
Sodium	627mg	26%
Total Carbohydrate	<1g	0%
Dietary Fiber	<1g	0%
Sugars	<1g	

Protein 27g

Vitamin A 20% ● Vitamin C 0%

Calcium 45% ● Iron 3%

*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); Mild Shredded Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Annatto, Potato Starch, Powdered Cellulose, Natamycin); Pepper Jack Cheese (Pasteurized Milk, Cheese Cultures, Jalapeno Peppers, Red Bell Peppers, Salt, Enzymes); Mozzarella Cheese (Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes, Cellulose); Vegalene Non-Stick Pan Spray (Partially Hydrogenated Soybean Oil, Canola Oil, Sunflower Oil, Lecithin, Natural Flavor, Beta-Carotene).

Allergy Information: Eggs, Soybeans, Milk