

Denver Omelet

Nutrition Facts

Serving Size 1 Omelet (222g)

Servings Per Container 1

Amount Per Serving

Calories 395 **Calories From Fat** 252

		% Daily Value*
Total Fat	28g	42%
Saturated Fat	15g	74%
Trans Fat	<1 g	0%
Cholesterol	603mg	201%
Sodium	809mg	34%
Total Carbohydrate	3g	1%
Dietary Fiber	<1g	1%
Sugars	5g	

Protein 30g

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); Mild Shredded Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Annatto, Potato Starch, Powdered Cellulose, Natamycin); Ham (Cured with Water, Salt, Dextrose, Corn Syrup Solids, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite); Red Onions; Green Peppers; Vegalene Non-Stick Pan Spray (Partially Hydrogenated Soybean Oil, Canola Oil, Sunflower Oil, Lecithin, Natural Flavor, Beta-Carotene).

Allergy Information: Soybeans, Eggs, Milk