

Fiesta Omelet

Nutrition Facts

Serving Size 1 Omelet (172g)

Servings Per Container 1

Amount Per Serving

Calories 295 **Calories From Fat** 189

		% Daily Value*
Total Fat	21g	32%
Saturated Fat	10g	48%
Trans Fat	<1 g	0%
Cholesterol	575mg	192%
Sodium	335mg	14%
Total Carbohydrate	2g	1%
Dietary Fiber	<1g	1%
Sugars	<1g	

Protein 22g

Vitamin A 21% ● Vitamin C 1%

Calcium 25% ● 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:

		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); Tomatoes; Mild Shredded Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Annatto, Potato Starch, Powdered Cellulose, Natamycin); Green Peppers; Whole Kernel Corn; Chili Powder; Vegalene Non-Stick Pan Spray (Partially Hydrogenated Soybean Oil, Canola Oil, Sunflower Oil, Lecithin, Natural Flavor, Beta-Carotene).

Allergy Information: Eggs, Soybeans