

Ham and Cheese Omelet

Nutrition Facts

Serving Size 1 Omelet (196g)

Servings Per Container 1

Amount Per Serving

Calories 371 **Calories From Fat** 234

		% Daily Value*
Total Fat	26g	40%
Saturated Fat	12g	59%
Trans Fat	<1 g	0%
Cholesterol	603mg	201%
Sodium	793mg	33%
Total Carbohydrate	2g	1%
Dietary Fiber	<1g	0%
Sugars	1g	

Protein 30g

Vitamin A 24% ● 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); Ham (Cured with Water, Salt, Dextrose, Corn Syrup Solids, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite); Sharp White Cheddar Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes); Vegalene Non-Stick Pan Spray (Partially Hydrogenated Soybean Oil, Canola Oil, Sunflower Oil, Lecithin, Natural Flavor, Beta-Carotene).

Allergy Information: Soybeans, Eggs, Milk