

# Italian Sausage and Cheese Omelet

## Nutrition Facts

Serving Size 1 Omelet (208g)

Servings Per Container 1

Amount Per Serving

**Calories** 439 **Calories From Fat** 297

		% Daily Value*
<b>Total Fat</b>	33g	51%
Saturated Fat	17g	83%
Trans Fat	<1 g	0%
<b>Cholesterol</b>	603mg	201%
<b>Sodium</b>	745mg	31%
<b>Total Carbohydrate</b>	1g	0%
Dietary Fiber	1g	4%
Sugars	<1g	

**Protein** 29g

Vitamin A 26% ● Vitamin C 0%

Calcium 37% ● Iron 12%

\*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); Sausage (Pork, Water, Textured Vegetable Protein [Soy Flour, Salt], Spices, Salt, Sodium Phosphate, Sugar, Flavoring); Mild Shredded Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Annatto, Potato Starch, Powdered Cellulose, Natamycin); Tomatoes; Vegalene Non-Stick Pan Spray (Partially Hydrogenated Soybean Oil, Canola Oil, Sunflower Oil, Lecithin, Natural Flavor, Beta-Carotene).

**Allergy Information:** Soybeans, Eggs, Milk