

# Swiss Cheese Omelet

## Nutrition Facts

Serving Size 1 Omelet (169.3g)

Servings Per Container 1

Amount Per Serving

**Calories** 342 **Calories From Fat** 225

		% Daily Value*
<b>Total Fat</b>	25g	38%
Saturated Fat	13g	64%
Trans Fat	<1 g	0%
<b>Cholesterol</b>	583mg	194%
<b>Sodium</b>	240mg	10%
<b>Total Carbohydrate</b>	<1g	0%
Dietary Fiber	<1g	0%
Sugars	<1g	

**Protein** 26g

Vitamin A 15% ● Vitamin C 0%

Calcium 35% ● Iron 10%

\*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); Swiss Cheese (Pasteurized Grade A Milk, Cheese Culture, Salt, Enzymes); Vegalene Non-Stick Pan Spray (Partially Hydrogenated Soybean Oil, Canola Oil, Sunflower Oil, Lecithin, Natural Flavor, Beta-Carotene).

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