

Egg White Omelet

Classic folded egg white omelet filled with spinach, tomatoes and onions.
Served with roasted fingerling potatoes



WIMS #: 31005

Allergens: Eggs, milk, soy

Spinach, Tomato And Onion Egg White Omelet w/ Roasted Potato	
Nutrition Facts	
Serving size 7.1 oz (202 g)	
Servings per container None	
Amount per serving	
Calories 190	
Calories from fat 70	
% Daily Value *	
Total fat 8 g	10%
Saturated fat 2.5 g	12%
Trans fat 0 g	
Cholesterol 5 mg	2%
Sodium 980 mg	43%
Total carbohydrates 20 g	7%
Dietary fiber 2 g	8%
Sugars 4 g	
Protein 11 g	
Vitamin A 10%	• Vitamin C 15%
Calcium 2%	• Iron 6%
* % Daily Values are based on a 2000 calorie diet.	
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