

Three Cheese Omelet

Rolled omelet filled with cheddar, jack and mozzarella cheeses, with chicken apple sausage and breakfast potatoes with peppers and onions.



WIMS #: 30225

Allergens: Eggs, milk, wheat

| Cheese Omelet with Sausage, Potatoes, Pepper, Onions | |
|--|------------------------|
| Nutrition Facts | |
| Serving size 8.8 oz (248 g) | |
| Servings per container None | |
| Amount per serving | |
| Calories 470 | |
| Calories from fat 310 | |
| | % Daily Value * |
| Total fat 35 g | 45% |
| Saturated fat 13 g | 67% |
| Trans fat 0.5 g | |
| Cholesterol 405 mg | 136% |
| Sodium 1480 mg | 64% |
| Total carbohydrates 14 g | 5% |
| Dietary fiber 1 g | 5% |
| Sugars 3 g | |
| Protein 26 g | |
| Vitamin A 30% | • Vitamin C 20% |
| Calcium 15% | • Iron 10% |
| * % Daily Values are based on a 2000 calorie diet. | |
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