

Three Cheese Omelet

Rolled omelet with Swiss, Monterey jack and cheddar cheeses. Served with Lyonnaise fingerling potatoes with melted onions & thyme, and a grape tomato



WIMS# 30259

Allergens: eggs, milk, wheat

| Three Cheese Omelet w/ Fingerling Potatoes | |
|---|-----------------------|
| Nutrition Facts | |
| 1 servings per container | |
| Serving size | 1 meal (215 g) |
| Amount per serving | |
| Calories | 320 |
| | % Daily Value* |
| Total Fat 23g | 29% |
| Saturated Fat 10g | 50% |
| <i>Trans</i> Fat 0g | |
| Cholesterol 285mg | 95% |
| Sodium 420mg | 18% |
| Total Carbohydrate 20g | 7% |
| Dietary Fiber 2g | 8% |
| Total Sugars 2g | |
| Protein 14g | |
| Vitamin D 0mcg | 0% |
| Calcium 166mg | 15% |
| Iron 2mg | 10% |
| Potassium 660mg | 14% |
| * The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. | |
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