

Cycle 2

Wild Mushroom Omelet

Rolled omelet stuffed with button, shiitake, and black trumpet mushrooms. Served with red bliss breakfast potatoes, with peppers, onions and parsley, and a blistered grape tomato



WIMS# 35039

Allergens: eggs, milk, wheat

Wild Mushroom Omelet w/ Red Bliss Potatoes	
Nutrition Facts	
1 servings per container	
Serving size	1 meal (215 g)
Amount per serving	
Calories	
	330
	<small>% Daily Value*</small>
Total Fat 23g	29%
Saturated Fat 9g	43%
<i>Trans Fat</i> 0g	
Cholesterol 270mg	90%
Sodium 600mg	26%
Total Carbohydrate 26g	9%
Dietary Fiber 4g	15%
Total Sugars 3g	
Protein 12g	
Vitamin D 0mcg	0%
Calcium 99mg	8%
Iron 3mg	15%
Potassium 870mg	18%

* 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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