

# Sun-dried Tomato & Mozzarella Omelet

A classic folded omelet with sun-dried tomatoes and mozzarella cheese, served with chicken sausage and red bliss breakfast potatoes



WIMS #: 26584

Allergens: eggs, milk, soy

Tomato Mozzarella Omelet	
<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving size</b>	<b>1 meal (255 g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>550</b>
% Daily Value*	
<b>Total Fat</b> 34g	<b>44%</b>
Saturated Fat 11g	<b>55%</b>
Trans Fat 0g	
<b>Cholesterol</b> 435mg	<b>145%</b>
<b>Sodium</b> 1200mg	<b>52%</b>
<b>Total Carbohydrate</b> 35g	<b>13%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 5g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 30g	
Vitamin D 0mcg	<b>0%</b>
Calcium 258mg	<b>20%</b>
Iron 4mg	<b>20%</b>
Potassium 1160mg	<b>25%</b>

\* 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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