

Cycle 2

Western Omelet

Hand rolled omelet with ham, onions and peppers.
Served with red bliss breakfast potatoes



WIMS# 30052

Allergens: eggs, milk, wheat

Western Omelet	
Nutrition Facts	
1 servings per container	
Serving size	1 meal (202 g)
Amount per serving	
Calories	330
% Daily Value*	
Total Fat 22g	28%
Saturated Fat 8g	41%
<i>Trans Fat</i> 0g	
Cholesterol 275mg	92%
Sodium 2900mg	126%
Total Carbohydrate 21g	8%
Dietary Fiber 3g	10%
Total Sugars 4g	
Protein 13g	
Vitamin D 0.00mcg	0%
Calcium 78mg	7%
Iron 1.1mg	6%
Potassium 698mg	17%
<small>* 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.</small>	
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