

Tomato, Spinach, and Mushroom Omelet

Roasted tomato, spinach, and cremini mushroom omelet with peewee breakfast potatoes.



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Nutrition Facts	
1 servings per container	
Serving size	1 meal (202 g)
Amount per serving	
Calories	320
	<i>% Daily Value*</i>
Total Fat 23g	30%
Saturated Fat 8g	41%
<i>Trans Fat</i> 0g	
Cholesterol 270mg	90%
Sodium 450mg	20%
Total Carbohydrate 18g	7%
Dietary Fiber 2g	9%
Total Sugars 2g	
Protein 11g	
Vitamin D 0.05mcg	0%
Calcium 90mg	7%
Iron 2mg	13%
Potassium 650mg	16%

* 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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Allergens: Egg, Milk, Wheat