

Three Cheese Omelet

Three cheese rolled omelet with Swiss, Monterey jack and cheddar cheeses, served with red bliss potatoes with pearl onions, parsley and scallions, and a grape tomato



Three Cheese Omelet w/ Red Bliss Potatoes

Nutrition Facts	
1 servings per container	
Serving size	1 meal (231 g)
Amount per serving	
Calories	390
% Daily Value*	
Total Fat 30g	38%
Saturated Fat 13g	66%
<i>Trans</i> Fat 0g	
Cholesterol 350mg	117%
Sodium 570mg	25%
Total Carbohydrate 16g	6%
Dietary Fiber 1g	4%
Total Sugars 2g	
Protein 17g	
Vitamin D 0.10mcg	0%
Calcium 244mg	21%
Iron 3.1mg	19%
Potassium 480mg	12%

* 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.