

# Southwestern Omelet

Hand rolled omelet with chorizo, poblano and jalapeno peppers, pepper jack and cotija cheeses, served with seasoned breakfast potatoes



WIMS# 30079

Allergens: Egg, Milk, Wheat

Southwest Omelet w/ Spanish Potatoes

<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving size</b>	<b>1 meal (202 g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>320</b>
% Daily Value*	
<b>Total Fat</b> 23g	<b>29%</b>
Saturated Fat 9g	<b>46%</b>
Trans Fat 0g	
<b>Cholesterol</b> 280mg	<b>93%</b>
<b>Sodium</b> 660mg	<b>29%</b>
<b>Total Carbohydrate</b> 16g	<b>6%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 2g	
<b>Protein</b> 12g	
Vitamin D 0.04mcg	<b>0%</b>
Calcium 128mg	<b>10%</b>
Iron 2.4mg	<b>15%</b>
Potassium 470mg	<b>10%</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.