

Three Cheese Omelet

Three cheese rolled omelet with Swiss, cheddar and Pepper Jack cheeses, served with peewee breakfast potatoes and pork sausage



WIMS #: 26596

Allergens: egg, milk, wheat

Three Cheese Omelet Meal

Nutrition Facts

1 servings per container
Serving size 1 meal (311 g)

Amount per serving
Calories 690

% Daily Value*

Total Fat 52g 67%
Saturated Fat 20g 100%
Trans Fat 0g

Cholesterol 375mg 125%

Sodium 1240mg 54%

Total Carbohydrate 30g 11%

Dietary Fiber 5g 18%

Total Sugars 5g

Includes 0g Added Sugars 0%

Protein 29g

Vitamin D 0.00mcg 0%

Calcium 257mg 22%

Iron 4mg 24%

Potassium 1060mg 25%

* 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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