

# Ranchero Omelet

Hand rolled omelet with cotija and pepper jack cheeses, red onion, pinto beans, cilantro, and ranchero salsa, served with Spanish breakfast potatoes and a blistered grape tomato



WIMS# 38109

Allergens: Egg, Milk, Wheat

Ranchero Omelet w/ Spanish Potatoes

## Nutrition Facts

1 servings per container  
**Serving size** 1 meal (224 g)

**Amount per serving**  
**Calories** **330**

% Daily Value\*

**Total Fat** 24g **30%**  
 Saturated Fat 9g **46%**  
 Trans Fat 0g

**Cholesterol** 280mg **93%**

**Sodium** 700mg **31%**

**Total Carbohydrate** 19g **7%**

Dietary Fiber 2g **9%**

Total Sugars 3g

**Protein** 12g

Vitamin D 0.00mcg **0%**

Calcium 144mg **13%**

Iron 2.5mg **16%**

Potassium 510mg **13%**

\* 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.