

# Denver Omelet

Hand rolled omelet with smoked ham, diced onion, green bell pepper, cheddar cheese. Served with red bliss breakfast potatoes and a blistered grape tomato



Denver Omelet w/ Red Bliss Potatoes

<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving size</b>	<b>1 meal (217 g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>320</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 25g	<b>32%</b>
Saturated Fat 9g	<b>46%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 280mg	<b>93%</b>
<b>Sodium</b> 380mg	<b>17%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber 1g	<b>5%</b>
Total Sugars 3g	
<b>Protein</b> 12g	
Vitamin D 0.00mcg	0%
Calcium 128mg	10%
Iron 2.5mg	16%
Potassium 500mg	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.

WIMS# 35088

Allergens: Egg, Milk, Wheat