

# Western Omelet

Hand-rolled omelet with ham, peppers and onions, served with Spanish seasoned breakfast potatoes.



Allergens: Eggs, Milk, Wheat

Western Omelet w/ Potatoes

## Nutrition Facts

1 servings per container  
**Serving size** 1 meal (210 g)

**Amount per serving**  
**Calories** **320**

% Daily Value\*

**Total Fat** 22g **29%**

Saturated Fat 8g **41%**

*Trans Fat* 0g

**Cholesterol** 275mg **92%**

**Sodium** 610mg **26%**

**Total Carbohydrate** 17g **6%**

Dietary Fiber 2g **8%**

Total Sugars 3g

**Protein** 12g

Vitamin D 0.00mcg 0%

Calcium 98mg 8%

Iron 2.1mg 14%

Potassium 550mg 14%

\* 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.