

Three Cheese Omelet

Three cheese folded omelet with Swiss, cheddar and Pepper Jack cheeses, served with Red Bliss 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.

© 2024 MenuTrinfo, LLC