

Nutrition Facts

Serving size

1 omelet

Amount Per Serving

Calories

320

% Daily Value*

Total Fat 22g **28%**

Saturated Fat 8g **40%**

Trans Fat 0g

Polyunsaturated Fat 7g

Monounsaturated Fat 4g

Cholesterol 395mg **132%**

Sodium 590mg **26%**

Total Carbohydrate 8g **3%**

Dietary Fiber 1g **4%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

Protein 21g **42%**

Vitamin D 2.3mcg 10%

Calcium 285mg 20%

Iron 1.6mg 8%

Potassium 315mg 6%

*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.