



46025-14688-00 175/2.0 oz Cheddar Cheese Omelet CN

12/05/2013

## Nutrition Facts

Serving Size 1 omelet (57g)  
Servings Per Container about 175

Amount Per Serving

**Calories 130**    Calories from Fat 100

% Daily Value\*

**Total Fat 11g**                      **17%**

    Saturated Fat 3.5g                **18%**

    Trans Fat 0g

**Cholesterol 170mg**                **57%**

**Sodium 280mg**                      **12%**

**Total Carbohydrate 1g**            **0%**

    Dietary Fiber 0g                 **0%**

    Sugars 0g

**Protein 7g**

Vitamin A 6%                      • Vitamin C 0%

Calcium 8%                        • Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories:    2,000    2,500

Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Contains Egg, Milk.