



46025-14689-00 175/2.1 oz IW Colby Cheese Omelet CN

04/22/2013

Nutrition Facts	
Serving Size 1 omelet (60g)	
Servings Per Container 175	
Amount Per Serving	
Calories 130	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 165mg	55%
Sodium 300mg	13%
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.