



46025-90135-00 72/3.5 oz Cheddar Cheese 6" Omelet

12/05/2013

Nutrition Facts	
Serving Size 1 omelet (99g)	
Servings Per Container 72	
Amount Per Serving	
Calories 210	Calories from Fat 140
% Daily Value*	
Total Fat 16g	25%
Saturated Fat 6g	30%
Trans Fat 0.5g	
Cholesterol 265mg	88%
Sodium 510mg	21%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Sugars 2g	
Protein 12g	
Vitamin A 10%	• Vitamin C 0%
Calcium 15%	• Iron 6%
*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, Soy.