

Breakfast - Cheese Omelette

Lancer Management

Author

Categories

Tools

Locations

Plate/Store

Yield 1 servings

Portion 1 servings

Num Portions 1

Prep

Cook

Finish

Shelf

Nutrition Facts	
Serving Size	1 servings
Servings Per Container	1
Amount Per Serving	
Calories 550	Calories From Fat 330
% Daily Value	
Total Fat 37g	55%
Saturated Fat 15g	69%
Cholesterol 572mg	191%
Sodium 663mg	28%
Total Carbohydrates 28g	9%
Dietary Fiber 4g	16%
Protein 28g	
Vitamin A 26%	Vitamin C 0%
Calcium 32%	Iron 22%
* Percent Daily Values are based on a 2000 calorie diet.	

The following items are not included in the label data

Ingredient

jelly

Reason

No nutrition information