

Breakfast - Omelette Bacon & Cheese

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 630 Calories From Fat 393

% Daily Value

Total Fat 44g 66%

Saturated Fat 18g 80%

Cholesterol 587mg 196%

Sodium 963mg 40%

Total Carbohydrates 28g 9%

Dietary Fiber 4g 16%

Protein 32g

Vitamin A 26% Vitamin C 0%

Calcium 32% Iron 22%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Descriptors

High in Vitamin A

High in Calcium

High in Iron

High in Protein

Good Source of Fiber