

Breakfast - Omelette Veggie

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 447 Calories From Fat 247	
% Daily Value	
Total Fat 27g	41%
Saturated Fat 9g	42%
Cholesterol 543mg	181%
Sodium 489mg	20%
Total Carbohydrates 30g	10%
Dietary Fiber 4g	18%
Protein 22g	
Vitamin A 22%	Vitamin C 19%
Calcium 12%	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