

# Veggie Omelette

Lancer Management

**Author**

**Categories**

**Tools**

**Locations**

**Plate/Store**

**Yield** 1 ea

**Portion** 1 ea

**Num Portions** 1

**Prep**

**Cook**

**Finish**

**Shelf**

## Nutrition Facts

Serving Size 1 ea

Servings Per Container 1

Amount Per Serving

**Calories** 344 Calories From Fat 220

% Daily Value

**Total Fat** 24g 37%

Saturated Fat 11g 48%

**Cholesterol** 662mg 221%

**Sodium** 371mg 15%

**Total Carbohydrates** 4g 1%

Dietary Fiber 1g 4%

**Protein** 26g

Vitamin A 34% Vitamin C 44%

Calcium 29% Iron 14%

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

## Nutrition Descriptors

High in Vitamin A

High in Vitamin C

High in Calcium

High in Protein

Good Source of Iron