

Nutrition Facts for Omelette, Roasted Pepper, Asparagus & Goat Cheese

Nutrition Facts	Amount/serving		Amount/serving	
		% DV		% DV
Serving size: 1 Portion	Total Fat 10g	12%	Total Carb. 2g	1%
	Saturated Fat 3g	14%	Fiber less than 1g	3%
	<i>Trans Fat</i> 0g		Total Sugars less than 1g	
	Cholesterol 215mg	71%	Incl. 0g Added Sugars	0%
Calories per serving	130	Sodium 880mg	35%	Protein 8g
	Vitamin D 6% · Calcium 4% · Iron 8% · Potassium 4%			

Ingredients

Liquid Egg, Red Bell Peppers, Asparagus, Goat Cheese, Blend Oil 80/20, Kosher Salt - Fine, Black Pepper

Contains

MILK, EGGS

Characteristics

Vegetarian · Gluten Free · Corn Free · Tree Nut Free · Peanut Free