

# Nutrition Facts for Frittata, Ham & Cheese

<b>Nutrition Facts</b>	Amount/serving	% DV	Amount/serving	% DV
	<b>Total Fat</b> 9g		<b>11%</b>	<b>Total Carb.</b> 1g
	Saturated Fat 3.5g	<b>16%</b>	Fiber 0g	<b>1%</b>
	<i>Trans Fat</i> 0g		Total Sugars 0g	
Serving size: 1 Portion	<b>Cholesterol</b> 200mg	<b>67%</b>	Incl. 0g Added Sugars	<b>0%</b>
	<b>Sodium</b> 1060mg	<b>42%</b>	<b>Protein</b> 11g	
<b>Calories</b> per serving	Vitamin D 6% · Calcium 6% · Iron 6% · Potassium 4%			

**130**

## Ingredients

Liquid Egg, Ham, Cheddar Cheese, Kosher Salt - Fine, Blend Oil 80/20, Black Pepper

## Contains

MILK, EGGS

## Characteristics

Gluten Free · Corn Free · Tree Nut Free · Peanut Free · Contains Pork

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