

Bacon Omelette

Ingredient	Comments
Eggs, scrambled, fzn mixture	contains pork, egg, soy
Bacon	

Nutrition Facts	
Serving Size 1 Omelette (142g)	
Servings Per Container	
Amount Per Serving	
Calories 290	Calories from Fat 170
% Daily Value*	
Total Fat 19g	29%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 105mg	35%
Sodium 780mg	33%
Total Carbohydrate 9g	3%
Dietary Fiber 0g	0%
Sugars 9g	
Protein 23g	
Vitamin A 10%	• Vitamin C 0%
Calcium 2%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Notes:

6/18/2009 #####



