

Plain Omelet

Nutrition Facts Serving Size: 1 serving (133.33g), Servings Per Container: 1, Amount Per Serving: **Calories** 190, Calories from Fat 120, **Total Fat** 13g (20% DV), Saturated Fat 4g (20% DV), **Trans Fat**, **Cholesterol** 560mg (187% DV), **Sodium** 170mg (7% DV), **Total Carbohydrate** 3g (1% DV), Dietary Fiber 0g (0% DV), Sugars 0g, **Protein** 16g, Vitamin A (25% DV), Vitamin C (0% DV), Calcium (6% DV), Iron (10% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Ingredients: Whole Eggs with Citric Acid Frozen Egg Product Glenview Farms

Plain Omelet made with Egg Sub

Nutrition Facts Serving Size: 1 serving (125.5g), Servings Per Container: 1, Amount Per Serving: **Calories** 110, Calories from Fat 35, **Total Fat** 4g (6% DV), Saturated Fat 1g (5% DV), **Trans Fat**, **Cholesterol** 0mg (0% DV), **Sodium** 220mg (9% DV), **Total Carbohydrate** <1g (0% DV), Dietary Fiber 0g (0% DV), Sugars <1g, **Protein** 15g, Vitamin A (10% DV), Vitamin C (0% DV), Calcium (6% DV), Iron (15% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Ingredients: Egg, Substitute, Liquid

Feta Cheese

Nutrition Facts Serving Size: 1 ounce (28.35g), Servings Per Container: 1, Amount Per Serving: **Calories** 70, Calories from Fat 40, **Total Fat** 4.5g (7% DV), Saturated Fat 3g (15% DV), **Trans Fat**, **Cholesterol** 15mg (5% DV), **Sodium** 270mg (11% DV), **Total Carbohydrate** 1g (0% DV), Dietary Fiber, Sugars, **Protein** 5g, Vitamin A (4% DV), Vitamin C (0% DV), Calcium (10% DV), Iron (0% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Ingredients: Feta Cheese Crumbled

Mozzarella Cheese

Nutrition Facts Serving Size: 1 ounce (28.35g), Servings Per Container: 1, Amount Per Serving: **Calories** 70, Calories from Fat 40, **Total Fat** 4.5g (7% DV), Saturated Fat 3g (15% DV), **Trans Fat**, **Cholesterol** 20mg (7% DV), **Sodium** 180mg (8% DV), **Total Carbohydrate** <1g (0% DV), Dietary Fiber 0g (0% DV), Sugars 0g, **Protein** 7g, Vitamin A (2% DV), Vitamin C (0% DV), Calcium (20% DV), Iron (0% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Ingredients: Cheese, Mozzarella, Part Skim Milk

Diced Ham

Nutrition Facts Serving Size: 1 ounce (28.35g), Servings Per Container: 1, Amount Per Serving: **Calories** 25, Calories from Fat 5, **Total Fat** 1g (2% DV), Saturated Fat 0.5g (3% DV), **Trans Fat** 0g, **Cholesterol** 15mg (5% DV), **Sodium** 260mg (11% DV), **Total Carbohydrate**, Dietary Fiber 0g (0% DV), Sugars 0g, **Protein** 5g, Vitamin A, Vitamin C, Calcium, Iron (0% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Ingredients: Hillshire Farm 2000 Ham

Sunflower Seeds Unsalted

Nutrition Facts Serving Size: 2 tablespoons (16g), Servings Per Container: 1, Amount Per Serving: **Calories** 90, Calories from Fat 70, **Total Fat** 8g (12% DV), Saturated Fat 1g (5% DV), **Trans Fat**, **Cholesterol** 0mg (0% DV), **Sodium** 0mg (0% DV), **Total Carbohydrate** 4g (1% DV), Dietary Fiber 2g (8% DV), Sugars 0g, **Protein** 3g, Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Ingredients: Seeds, Sunflower Kernels, Dry Roasted

Thursday, February 04, 2010

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