Plain Omelet

**Nutrition Facts**  Serving Size: 1 serving (133.33g), Servings Per Container: 1, Amount Per Serving: Calories 190, Calories from Fat 100, Total Fat 4g (20% DV), Saturated Fat 1g (5% DV), Trans Fat 0g, Cholesterol 56mg (18% DV), Sodium 170mg (7% DV), Total Carbohydrate 3g (1% DV), Dietary Fiber 0g (0% DV), Sugars 0g, Protein 16g, Vitamin A (20% DV), Vitamin C (2% 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 0g, Cholesterol 0mg (0% DV), Sodium 22mg (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 0g, Cholesterol 0mg (0% DV), Sodium 20mg (1% DV), Total Carbohydrate <1g (0% DV), Dietary Fiber 0g (0% DV), Sugars 0g, Protein 7g, Vitamin A (2% DV), Vitamin C (0% DV), Calcium (0% 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 25, Total Fat 4g (6% DV), Saturated Fat 3g (15% DV), Trans Fat 0g, Cholesterol 10mg (0% DV), Sodium 160mg (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 (0% 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 15, Total Fat 1g (2% DV), Saturated Fat 0.5g (3% DV), Trans Fat 0g, Cholesterol 15mg (0% DV), Sodium 260mg (11% DV), Total Carbohydrate 0g (0% DV), Dietary Fiber 0g (0% DV), Sugars 0g, Protein 3g, Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), 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 0g, Cholesterol 0mg (0% DV), Sodium 0mg (0% DV), Total Carbohydrate 1g (1% DV), Dietary Fiber 0g (0% 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
Plain Omelet

**Nutrition Facts** Serving Size: 1 serving (133.33g), Servings Per Container: 1, Amount Per Serving: Calories 150, Calories from Fat 50, Total Fat 4g (20% DV), Saturated Fat 1g (5% DV), Trans Fat 0g, Cholesterol 0mg (0% DV), Sodium 170mg (7% DV), Total Carbohydrate 3g (1% DV), Dietary Fiber 0g (0% DV), Sugars 0g, Protein 15g, 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 Ctrc 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 (8% DV), Saturated Fat 2g (11% DV), Trans Fat 0g, Cholesterol 10mg (2% DV), Sodium 220mg (9% DV), Total Carbohydrate 1g (0% DV), Dietary Fiber 0g (0% DV), Sugars 0g, 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 1g (15% DV), Trans Fat 0g, Cholesterol 10mg (0% DV), Sodium 270mg (11% DV), Total Carbohydrate 0g (0% DV), Dietary Fiber 0g (0% DV), Sugars 0g, 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 1g (15% DV), Trans Fat 0g, Cholesterol 10mg (0% DV), Sodium 180mg (8% DV), Total Carbohydrate 0g (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 7, Total Fat 1g (2% DV), Saturated Fat 0.5g (3% DV), Trans Fat 0g, Cholesterol 15mg (5% DV), Sodium 260mg (11% DV), Total Carbohydrate 0g (0% DV), Dietary Fiber 0g (0% DV), Sugars 0g, Protein 3g, Vitamin A (0% DV), Vitamin C (0% DV), Calcium (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 160, Calories from Fat 70, Total Fat 8g (12% DV), Saturated Fat 1g (5% DV), Trans Fat 0g, 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

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Thursday, February 04, 2010