

MealMart Scrambled Cheese Omelet  
served with potatoes

# Nutrition Facts

Serving Size 12 oz (340g)

Servings Per Container 1

## Amount Per Serving

**Calories** 480

Calories from Fat 250

**% Daily Value\***

**Total Fat** 28g **43%**

Saturated Fat 12g **60%**

Trans Fat 0g

**Cholesterol** 480mg **160%**

**Sodium** 850mg **35%**

**Total Carbohydrate** 36g **12%**

Dietary Fiber 4g **16%**

Sugars 8g

**Protein** 28g **56%**

Vitamin A 20% • Vitamin C 50%

Calcium 40% • Iron 20%

\*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g