

Wilma's Bacon & Cheese Omelet

# Nutrition Facts

Serving Size 1 serving (164.7g)  
Servings Per Container 1

Amount Per Serving

**Calories** 500

**Total Fat** 40g  
*Trans Fat* 0g

**Sodium** 910mg

**Total Carbohydrate** 2g  
Dietary Fiber 0g  
Sugars 1g

**Protein** 33g

% Daily Value

Protein 236% • Vitamin A 80%  
Vitamin C 0% • Calcium 80%

Iron 15%

**Ingredients:** 2 whole eggs, pork bacon, cheddar cheese, cooking oil.