

Wilma's Egg White Vegetable Omelet

Nutrition Facts	
Serving Size 1 item (354.37g)	
Servings Per Container 1	
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Amount Per Serving	
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Calories 380	
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Total Fat	24g
<i>Trans</i> Fat	0g
Sodium	630mg
Total Carbohydrate	12g
Dietary Fiber	3g
Sugars	5g
Protein	31g
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% Daily Value	
Protein 221%	• Vitamin A 90%
Vitamin C 150%	• Calcium 90%
Iron 15%	

Ingredients: Egg whites, cheddar cheese, mushrooms, bell peppers, tomatoes