

Wilma's Meat Lovers Omelet

Nutrition Facts

Serving Size 1 item (199.1g)
Servings Per Container 1

Amount Per Serving

Calories 560

Total Fat 43g
Trans Fat 0g

Sodium 1350mg

Total Carbohydrate 3g
Dietary Fiber 0g
Sugars 2g

Protein 39g

% Daily Value

Protein 279% • Vitamin A 80%
Vitamin C 4% • Calcium 80%
Iron 20%

Ingredients: 2 whole eggs, pork bacon, ham, turkey breast, salami, cheddar cheese, cooking oil.