

MealMart Scrambled Spanish Omelet  
served with potatoes

# Nutrition Facts

Serving Size 12 oz (340g)

Servings Per Container 1

## Amount Per Serving

**Calories** 400

Calories from Fat 200

**% Daily Value\***

**Total Fat** 22g **34%**

Saturated Fat 6g **30%**

Trans Fat 0g

**Cholesterol** 570mg **190%**

**Sodium** 250mg **10%**

**Total Carbohydrate** 32g **11%**

Dietary Fiber 3g **12%**

Sugars 2g

**Protein** 21g **42%**

Vitamin A 15% • Vitamin C 45%

Calcium 10% • Iron 25%

\*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