

OPEN FACE OVEN BAKED OMELETTE PIZZA

Nutrition Facts

Servings 4.0

Amount Per Serving

calories 212

% Daily Value *

Total Fat 11 g 18 %

Saturated Fat 5 g 26 %

Monounsaturated Fat 2 g

Polyunsaturated Fat 1 g

Trans Fat 0 g

Cholesterol 136 mg 45 %

Sodium 721 mg 30 %

Potassium 172 mg 5 %

Total

Carbohydrate 5 g 2 %

Dietary Fiber 1 g 3 %

Sugars 2 g

Protein 21 g 41 %

Vitamin A 17 %

Vitamin C 3 %

Calcium 27 %

Iron 7 %

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.
