

028-TUNA MINI OMELETTE**NUTRITION SUMMARY**

Nutrient		Value per serving (192g)	%RDI*
Total Calories	(kcal)	455	
Carbohydrates	(g)	4.68	1.56
Protein	(g)	26.74	53.47
Total fats	(g)	37	58
Saturated fats	(g)	5.41	27
Cholesterol	(mg)	264	88
Dietary fiber	(g)		
Vitamin B1	(mg)	0.01	0.84
Vitamin B6	(mg)	0.03	1.68
Calcium	(mg)	34.34	3.43
Sodium	(mg)	317	13

*Based on 2000Cal diet

Comments: This delicious omelette made with Tuna, an excellent source of the **omega-3 fatty acids**, protein, potassium, selenium, and vitamin B12 has wide array of health benefits including blood pressure lowering, heart disease prevention etc. The saturated fat content comes from the natural source, egg & cooking oil. For people with higher blood cholesterol levels, saturated fat can be reduced by reducing the amount of oil used for cooking as well substituting half of the whole eggs with egg whites.