



# Salsa Eggs

37-10-53 Ratio

**Number of Servings:** 1  
**Calories Per Serving:** 329  
**PCF Ratio:** 37-10-53

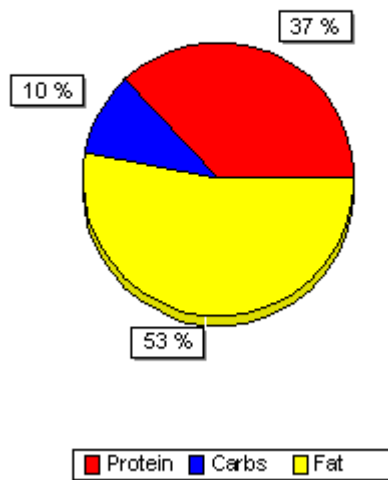
Single Serving Comment: 1 serving

## Cooking Instructions

Ingredients:

- 8 large Egg Whites
- 4 tsp Olive Oil
- 8 tbsp mild Suprema Salsa or similar (serves 1)

Scramble eggs in pan with olive oil. Serve with salsa on top



| Nutrition Information                                   |                       |
|---|-----------------------|
| Serving Size: 1 serving (402g)                          |                       |
| Servings: 1   |                       |
| Amount Per Serving                                      |                       |
| <b>Calories</b> 330                                     | Calories from Fat 170 |
| % Daily Value*  |                       |
| <b>Total Fat</b> 19g                                    | <b>29%</b>            |
| Saturated Fat 3g  | <b>12%</b>            |
| <b>Cholesterol</b> 0mg                                  | <b>0%</b>             |
| <b>Sodium</b> 1,140mg                                   | <b>48%</b>            |
| <b>Total Carbohydrate</b> 8g                            | <b>3%</b>             |
| Dietary Fiber 1g  | <b>3%</b>             |
| Sugars 6 g  |                       |
| <b>Protein</b> 30 g                                     |                       |
| Vitamin A 15%   | Vitamin C 30%         |
| Calcium 4%  | Iron 2%               |
| *Percent Daily Values are based on a 2,000 calorie diet |                       |

## Recipe Ingredients:

| Name                    | Description      | Serving Size | Gram Wt. | Calories (kcal) | Protein (g)  | Carbs (g)   | Sugars (g) | Glucose (g) | Fructose (g) | Galactose (g) | Sucrose (g) |
|-------------------------|------------------|--------------|----------|-----------------|--------------|-------------|------------|-------------|--------------|---------------|-------------|
| EGG WHITE, CHICKEN, RAW | fresh            | 8 large      | 264      | 137.3           | 28.8         | 1.9         | 1.9        | .9          | .2           | .2            | .2          |
| OLIVE OIL               | salad or cooking | 4 tsp        | 18       | 159.1           |              |             |            |             |              |               |             |
| SALSA SUPREMA, MILD     |                  | 8 tbsp       | 120      | 32.4            | .9           | 6.5         | 3.7        | 1.6         | 2.1          |               |             |
| Recipe Total:           |                  |              |          | 402             | <b>328.8</b> | <b>29.7</b> | <b>8.4</b> | <b>5.6</b>  | <b>2.5</b>   | <b>2.3</b>    | <b>.2</b>   |
| Single Serving Total:   |                  |              |          | 1,608           | <b>328.8</b> | <b>29.7</b> | <b>8.4</b> | <b>5.6</b>  | <b>2.5</b>   | <b>2.3</b>    | <b>.2</b>   |

| Name                    | Lactose (g) | Maltose (g) | Dietary Fiber (g) | Fat (g) | Sat fat (g) | Omega-3 (g) | Omega-6 (g) | Cholest (mg) | Alcohol (g)(mcg_RAE) | Vit-A (IU) | Vit-A IU (IU) | Thiamin (mg) | Ribofla- vin (mg) | Niacin (mg) |
|-------------------------|-------------|-------------|-------------------|---------|-------------|-------------|-------------|--------------|----------------------|------------|---------------|--------------|-------------------|-------------|
| EGG WHITE, CHICKEN, RAW | .2          | .2          |                   | .4      |             |             |             |              |                      |            |               |              | 1.2               | .3          |
| OLIVE OIL               |             |             |                   | 18      | 2.5         | .1          | 1.8         |              |                      |            |               |              |                   |             |
| SALSA SUPREMA, MILD     |             |             | .7                | .4      |             |             |             |              |                      | 729.6      |               |              |                   |             |

**Salsa Eggs (continued)**

|                       |    |    |    |      |     |    |     |  |  |  |       |  |     |    |
|-----------------------|----|----|----|------|-----|----|-----|--|--|--|-------|--|-----|----|
| Recipe Total:         | .2 | .2 | .7 | 18.8 | 2.5 | .1 | 1.8 |  |  |  | 729.6 |  | 1.2 | .3 |
| Single Serving Total: | .2 | .2 | .7 | 18.8 | 2.5 | .1 | 1.8 |  |  |  | 729.6 |  | 1.2 | .3 |

| Name                    | Pantothenic Acid (mg) | Vit B-6 (mg) | Folate (mcg) | Food Folate (mcg) | Folic Acid (mcg) | Folate DFE (mcg DFE) | Vit B-12 (mcg) | Biotin (mcg) | Vit-C (mg) | Vit-A (IU) | Alpha Toco-pherol (mg) | Vit-E IU (IU) | Calcium (mg) | Magnesium (mg) |
|-------------------------|-----------------------|--------------|--------------|-------------------|------------------|----------------------|----------------|--------------|------------|------------|------------------------|---------------|--------------|----------------|
| EGG WHITE, CHICKEN, RAW | .5                    | .0           | 10.6         | 10.6              |                  | 10.6                 | .2             |              |            |            |                        |               | 18.5         | 29             |
| OLIVE OIL               |                       |              |              |                   |                  |                      |                |              |            |            | 2.6                    |               | .2           |                |
| SALSA SUPREMA, MILD     |                       |              |              |                   |                  |                      |                |              | 17.2       |            |                        |               | 18           |                |
| Recipe Total:           | .5                    | .0           | 10.6         | 10.6              |                  | 10.6                 | .2             |              | 17.2       |            | 2.6                    |               | 36.7         | 29             |
| Single Serving Total:   | .5                    | .0           | 10.6         | 10.6              |                  | 10.6                 | .2             |              | 17.2       |            | 2.6                    |               | 36.7         | 29             |

| Name                    | Phosphorus (mg) | Potassium (mg) | Sodium (mg) | Chloride (mg) | Chromium (mcg) | Copper (mg) | Fluoride (mg) | Iodine (mcg) | Iron (mg) | Manganese (mg) | Molybdenum (mcg) | Selenium (mcg) | Zinc (mg) |
|-------------------------|-----------------|----------------|-------------|---------------|----------------|-------------|---------------|--------------|-----------|----------------|------------------|----------------|-----------|
| EGG WHITE, CHICKEN, RAW | 39.6            | 430.3          | 438.2       |               |                | .1          |               |              | .2        | .0             |                  | 52.8           | .1        |
| OLIVE OIL               |                 | .2             | .4          |               |                |             |               |              | .1        |                |                  |                |           |
| SALSA SUPREMA, MILD     |                 |                | 704.4       |               |                |             |               |              | .2        |                |                  |                |           |
| Recipe Total:           | 39.6            | 430.5          | 1143        |               |                | .1          |               |              | .5        | .0             |                  | 52.8           | .1        |
| Single Serving Total:   | 39.6            | 430.5          | 1143        |               |                | .1          |               |              | .5        | .0             |                  | 52.8           | .1        |