



Scrambled Eggs with Mushrooms

Number of Servings: 1
Calories Per Serving: 325
PCF Ratio: 39-9-52

Single Serving Comment:

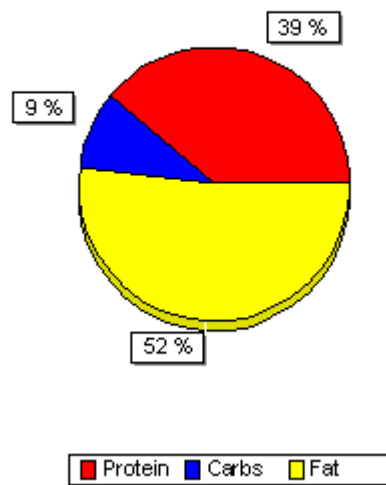
Cooking Instructions

Ingredients:

- 8 large Egg Whites
 - 8 small Mushrooms
 - 4 tsp Olive Oil
 - 1 tsp ground Black Pepper
 - 1 tsp dried Oregano
- (serves 1)

Mix eggs together. Chop mushrooms. Stir in with eggs, pepper, and oregano. Coat a nonstick skillet with olive oil. Cook eggs.

39-9-52 Ratio



Nutrition Information

Serving Size: (366g)
 Servings: 1

Amount Per Serving

Calories 320 **Calories from Fat** 170

% Daily Value*

Total Fat 19g **29%**

Saturated Fat 3g **13%**

Cholesterol 0mg **0%**

Sodium 440mg **18%**

Total Carbohydrate 7g **2%**

Dietary Fiber 2g **9%**

Sugars 3 g

Protein 32 g

Vitamin A 2% Vitamin C 6%

Calcium 6% Iron 10%

*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
MUSHROOM, RAW		8 small	80	17.6	2.5	2.6	1.3	1.2	.1		
OLIVE OIL	salad or cooking	4 tsp	18	159.1							
PEPPER, BLACK, GROUND		1 tsp	2	5.4	.2	1.4	.0				
OREGANO, DRIED, GROUND		1 tsp	2	5.5	.2	1.2	.1	.0	.0		.0

Scrambled Eggs with Mushrooms (continued)

Recipe Total:

366	324.9	31.7	7.1	3.3	2.1	.3	.2	.2
1,464	324.9	31.7	7.1	3.3	2.1	.3	.2	.2

Single Serving Total:

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
MUSHROOM, RAW			.8	.3	.0		.1					.1	.3	2.9
OLIVE OIL				18	2.5	.1	1.8							
PEPPER, BLACK, GROUND			.6	.1	.0		.0			.3	6.3			.0
OREGANO, DRIED, GROUND			.8	.2	.0	.1	.0			6.2	124.3			.1
Recipe Total:	.2	.2	2.1	19	2.6	.2	1.9			6.5	130.5	.1	1.5	3.3
Single Serving Total:	.2	.2	2.1	19	2.6	.2	1.9			6.5	130.5	.1	1.5	3.3

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-D (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
MUSHROOM, RAW	1.2	.1	12.8	12.8		12.8	.0		1.7	60.8			2.4	7.2
OLIVE OIL											2.6		.2	
PEPPER, BLACK, GROUND			.2	.2		.2			.4		.0		9.2	4.1
OREGANO, DRIED, GROUND		.0	4.9	4.9		4.9			.9		.3		28.4	4.9
Recipe Total:	1.7	.1	28.5	28.5		28.5	.3		3	60.8	2.9		58.6	45.2
Single Serving Total:	1.7	.1	28.5	28.5		28.5	.3		3	60.8	2.9		58.6	45.2

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
MUSHROOM, RAW	68.8	254.4	4			.3			.4	.0		7.4	.4
OLIVE OIL		.2	.4						.1				
PEPPER, BLACK, GROUND	3.6	26.4	.9			.0			.6	.1		.1	.0
OREGANO, DRIED, GROUND	3.6	30	.3			.0			.8	.1		.1	.1

Scrambled Eggs with Mushrooms (continued)

Recipe Total:	115.6	741.4	443.8			.4			2.1	.3		60.4	.6
Single Serving Total:	115.6	741.4	443.8			.4			2.1	.3		60.4	.6