



# Western Omelet

**Number of Servings:** 1  
**Calories Per Serving:** 336  
**PCF Ratio:** 40-15-45

Single Serving Comment:

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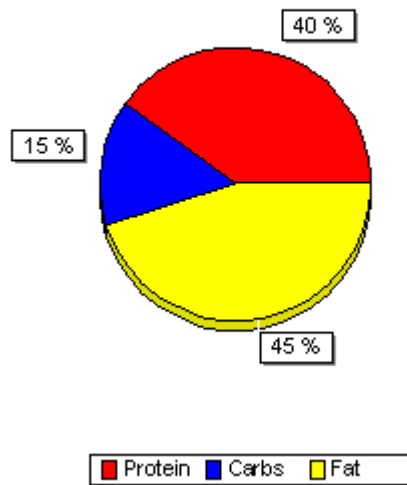
## Cooking Instructions

Ingredients:

- 2.5 slices Bacon
  - 5 large Egg Whites
  - 2/3 cup raw Onion
  - 2.5 tsp Olive Oil
- (serves 1)

Coat non stick skillet with olive oil. Chop onion and bacon.  
 Mix with eggs and fry in skillet until done.

40-15-45 Ratio



## Nutrition Information

Serving Size: (335g)  
 Servings: 1

Amount Per Serving

**Calories** 340 **Calories from Fat** 150

% Daily Value\*

**Total Fat** 17g **25%**

Saturated Fat 3g **16%**

**Cholesterol** 35mg **11%**

**Sodium** 1,190mg **49%**

**Total Carbohydrate** 12g **4%**

Dietary Fiber 1g **6%**

Sugars 5 g

**Protein** 33 g

Vitamin A 0% **Vitamin C** 10%

**Calcium** 4% **Iron** 4%

\*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)			
BACON, CANADIAN-STYLE, GRILLED	cured (6/6-oz pkg.)	2 1/2	59	108.7	14.2	.8								
EGG WHITE, CHICKEN, RAW	fresh	5 large	165	85.8	18	1.2	1.2	.6	.1	.1	.1			
ONION, RAW	chopped	0.63 cup	100	42	.9	10.1	4.3	1.9	1.2		1.2			
OLIVE OIL	salad or cooking	2 1/2 tsp	11	99.5										
Recipe Total:				335	<b>335.9</b>	<b>33.1</b>	<b>12.1</b>	<b>5.4</b>	<b>2.5</b>	<b>1.3</b>	<b>.1</b>	<b>1.3</b>		
Single Serving Total:				837	<b>335.9</b>	<b>33.1</b>	<b>12.1</b>	<b>5.4</b>	<b>2.5</b>	<b>1.3</b>	<b>.1</b>	<b>1.3</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)
BACON, CANADIAN-STYLE,				5	1.7	.1	.4	34.1				.5	.1	4.1

**Western Omelet (continued)**

**GRILLED**

EGG WHITE, CHICKEN, RAW	.1	.1		.3									.7	.2
ONION, RAW			1.4	.1	.0						2	.0	.0	.1
OLIVE OIL				11.3	1.6	.1	1.1							
Recipe Total:	.1	.1	1.4	16.6	3.2	.2	1.5	34.1			2	.5	.9	4.3
Single Serving Total:	.1	.1	1.4	16.6	3.2	.2	1.5	34.1			2	.5	.9	4.3

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)
BACON, CANADIAN-STYLE, GRILLED	.3	.3	2.3	2.3		2.3	.5				.2		5.9	12.3
EGG WHITE, CHICKEN, RAW	.3		6.6	6.6		6.6	.2						11.6	18.1
ONION, RAW	.1	.1	19	19		19			6.4		.0		22	10
OLIVE OIL											1.6		.1	
Recipe Total:	.7	.4	27.9	27.9		27.9	.6		6.4		1.8		39.5	40.5
Single Serving Total:	.7	.4	27.9	27.9		27.9	.6		6.4		1.8		39.5	40.5

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)
BACON, CANADIAN-STYLE, GRILLED	173.9	229.1	908.3			.0			.5	.0		14.5	1
EGG WHITE, CHICKEN, RAW	24.8	268.9	273.9			.0			.1	.0		33	.1
ONION, RAW	27	144	3			.0			.2	.1		.5	.2
OLIVE OIL		.1	.2						.1				
Recipe Total:	225.7	642.2	1185.4			.1			.9	.2		48	1.2
Single Serving Total:	225.7	642.2	1185.4			.1			.9	.2		48	1.2