

## 049 BAKED BEANS OMELETTE

## NUTRITION SUMMARY

Nutrient		Value per serving (621g)	%RDI*
Total Calories	(kcal)	722	
Carbohydrates	(g)	61.9	20.6
Protein	(g)	45.6	91
Total fats	(g)	32	50
Saturated fats	(g)	7.6	38
Cholesterol	(mg)	770	256
Dietary fiber	(mg)	10.8	43
Vitamin B1	(mg)	0.36	24
Vitamin B12	(mcg)	3.75	62
Vitamin B6	(mg)	0.53	27
Vitamin C	(mg)	19	33
Selenium	(mcg)	78	112
Phosphorus	(mg)	785	78.54
Zinc	(mg)	4.2	28
sodium	(mg)	902	37

\*Based on 2000Cal diet

**Comments:** This classic recipe is loaded with natural protein from both beans as well from eggs and is especially a good meal for athletes as it is relatively easy to obtain their daily protein requirement. This recipe is also packed with B complex vitamins that are associated with increased energy, improved or more stable moods, healthier skin, hair and eyes. The B vitamins are important for proper nervous system and immune system function. One serve of this recipe gives about 78% of our daily value of phosphorus which is vital for metabolizing the B vitamins & calcium, for bone formation, to keep our mind alert and active and also for healthy heart function.