



A Nutrition Resource

# DENVER OMELET

**Yield: 2**

**Servings | Serving Size: 1 omelet**

**Cost/Serving: \$0.88**

**Ingredients:**

- 3 Tablespoons chopped green pepper
- 2 Tablespoons chopped onion
- 2 teaspoons butter
- 3 eggs, scrambled
- 1/2 cup fully cooked chopped low sodium ham
- 1 Tablespoon low-fat milk
- Salt and pepper to taste

**Directions:**

- 1) Combine green pepper, onion, and butter in a small microwave-safe bowl. Microwave on HIGH for 2 minutes.
- 2) Stir in eggs, ham, milk, and seasoning. Pour into two small, oiled saucers.
- 3) Microwave on HIGH 2 minutes. Push cooked eggs toward the center of dish and continue cooking an additional 2 minutes. The internal temperature should reach 165°F on a food thermometer.
- 4) Let stand for 2 minutes before serving.

**Tip:** Add whole wheat toast and fresh or canned fruit or a fruit smoothie to rounds out your meal.

## Nutrition Facts

2 servings per container  
**Serving size 1 omelet (153g)**

Amount per serving  
**Calories 230**

	% Daily Value*
<b>Total Fat</b> 14g	18%
Saturated Fat 6g	30%
Trans Fat 0g	
<b>Cholesterol</b> 285mg	95%
<b>Sodium</b> 590mg	26%
<b>Total Carbohydrate</b> 3g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
<b>Protein</b> 20g	
Vitamin D 2mcg	10%
Calcium 55mg	4%
Iron 2mg	10%
Potassium 340mg	8%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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