



A Nutrition Resource

DENVER OMELET

Yield: 2

Servings | Serving Size: 1 omelet

Cost/Serving: \$1.44

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*
Total Fat 14g	18%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 285mg	95%
Sodium 590mg	26%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 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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