



Microwave Omelette

Nutrition Facts

Serving Size (89g)			
Servings Per Container			
Amount Per Serving			
Calories	45	Calories from Fat	0
% Daily Value *			
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	150mg		6%
Total Carbohydrate	2g		1%
Dietary Fiber	0g		0%
Sugars	2g		
Protein 7g			
Vitamin A	8%	Vitamin C	8%
Calcium	6%	Iron	6%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories:	2000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat	9	Carbohydrate	4
Protein	4		

Ingredients

- 1 large egg or ¼ cup egg substitute**
- 1 tsp green bell pepper, finely chopped**
- 1 tsp yellow onion, finely chopped**
- 1 tsp low-fat cheddar cheese, shredded**
- 1 Tbsp skim milk**
- 1 tsp chopped frozen broccoli, thawed**

Instructions

1. Lightly grease a microwave safe mug or bowl with pan spray.
2. Add all ingredients and mix well.
3. Cook on high for 50 seconds, or 50% power for 1 ½ minutes.
4. Check eggs to see if they have reached at least 145°, if not, cook on high for an additional 20-30 seconds.
5. Remove dish from microwave, stir with a fork.
6. Let stand for 2-5 minutes, and you will have light fluffy scrambled eggs.
7. If desired, omelet can be served on toast or a toasted English muffin to make a breakfast sandwich.

Variations: Try mixing different toppings with your egg, such as cooked asparagus, mushrooms, garlic, minced lean ham, chopped tomato, different types of cheese, etc.

Source: Adapted from www.ezinearticles.com “5 Easy Microwave Egg Recipes for Students”



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