

Puffed Hash Omelet

Hormel Foods Sales, LLC

Servings: 4

6 eggs
2 tablespoons water
1/4 teaspoon salt
1/4 teaspoon black pepper
1 tablespoon butter or margarine
1 can (15 ounce) Mary Kitchen roast beef hash
1/3 cup green bell pepper, chopped
1/2 teaspoon chili powder
1/2 cup Monterey Jack cheese, shredded

Preheat the oven to 400 degrees.

In a bowl, beat the eggs, water, salt and pepper.

Melt the butter in a large omelet pan or skillet. Pour in the egg mixture. Cook over low heat, pushing the edges toward the center as the mixture sets. Tilt and turn the pan as necessary to allow the uncooked portion to flow to the edge. When the surface is set but still moist, slide the omelet onto an oven-proof plate or baking sheet.

In a bowl, combine the hash, bell pepper and chili powder. Spoon evenly over the top of the omelet.

Bake for 10 minutes.

Sprinkle with cheese.

Bake for 5 minutes longer.

Fold the omelet in half. Serve.

Per Serving (excluding unknown items): 194 Calories; 15g Fat (69.0% calories from fat); 13g Protein; 2g Carbohydrate; trace Dietary Fiber; 338mg Cholesterol; 347mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 0 Vegetable; 2 Fat.

Breakfast

Per Serving Nutritional Analysis

Calories (kcal):	194	Vitamin B6 (mg):	.2mg
% Calories from Fat:	69.0%	Vitamin B12 (mcg):	1.1mcg

% Calories from Carbohydrates:	3.6%
% Calories from Protein:	27.3%
Total Fat (g):	15g
Saturated Fat (g):	7g
Monounsaturated Fat (g):	5g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	338mg
Carbohydrate (g):	2g
Dietary Fiber (g):	trace
Protein (g):	13g
Sodium (mg):	347mg
Potassium (mg):	142mg
Calcium (mg):	149mg
Iron (mg):	2mg
Zinc (mg):	1mg
Vitamin C (mg):	11mg
Vitamin A (i.u.):	796IU
Vitamin A (r.e.):	191RE

Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.4mg
Folacin (mcg):	42mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refined:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	1 1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 194	Calories from Fat: 134
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% Daily Values*

Total Fat 15g	23%
Saturated Fat 7g	34%
Cholesterol 338mg	113%
Sodium 347mg	14%
Total Carbohydrates 2g	1%
Dietary Fiber trace	1%
Protein 13g	
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Vitamin A	16%
Vitamin C	19%
Calcium	15%
Iron	9%

* Percent Daily Values are based on a 2000 calorie diet.