

Baked Denver Omelet

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



294 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 cup ham cooked chopped
- ☐ 8 eggs
- ☐ 0.5 bell pepper green chopped
- ☐ 4 servings salt and ground pepper black to taste
- ☐ 0.3 cup milk
- ☐ 0.5 onion chopped
- ☐ 0.5 cup cheddar cheese shredded

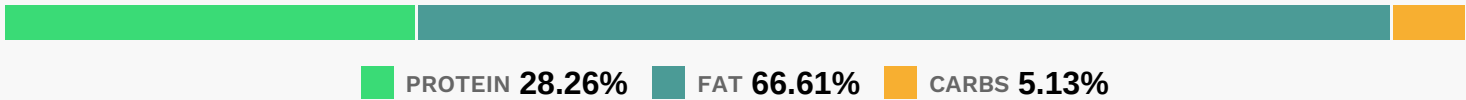
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Grease a 10-inch round baking dish.
- ☐ Melt butter in a large skillet over medium heat; cook and stir onion and bell pepper until softened, about 5 minutes. Stir in ham and continue cooking until heated through, 5 minutes more.
- ☐ Beat eggs and milk in a large bowl. Stir in Cheddar cheese and ham mixture; season with salt and black pepper.
- ☐ Pour mixture into prepared baking dish.
- ☐ Bake in preheated oven until eggs are browned and puffy, about 25 minutes.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:46, Glycemic Load:0.71, Inflammation Score:-5, Nutrition Score:15.005652261817%

Flavonoids

Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg

Nutrients (% of daily need)

Calories: 293.63kcal (14.68%), Fat: 21.53g (33.12%), Saturated Fat: 9.84g (61.53%), Carbohydrates: 3.73g (1.24%), Net Carbohydrates: 3.22g (1.17%), Sugar: 2.05g (2.28%), Cholesterol: 378.99mg (126.33%), Sodium: 595.45mg (25.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.55g (41.1%), Selenium: 37.04µg (52.91%),

Phosphorus: 345.63mg (34.56%), Vitamin B2: 0.56mg (33.13%), Vitamin B12: 1.43µg (23.76%), Vitamin C: 19.56mg (23.71%), Calcium: 176.37mg (17.64%), Vitamin B5: 1.75mg (17.52%), Vitamin A: 872.23IU (17.44%), Zinc: 2.4mg (15.98%), Vitamin B6: 0.29mg (14.56%), Vitamin B1: 0.21mg (14.19%), Vitamin D: 2.01µg (13.42%), Folate: 49.5µg (12.38%), Iron: 1.89mg (10.52%), Vitamin E: 1.26mg (8.39%), Potassium: 283.69mg (8.11%), Magnesium: 25.31mg (6.33%), Vitamin B3: 1.18mg (5.92%), Copper: 0.12mg (5.84%), Manganese: 0.09mg (4.43%), Vitamin K: 2.46µg (2.34%), Fiber: 0.51g (2.05%)