

Baked Omelet

 Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



199 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 3 ounces finely-chopped ham diced cooked
- 1 tablespoon dehydrated onion dried minced
- 8 eggs
- 1 cup milk
- 0.5 teaspoon lawry's seasoned salt
- 0.5 cup cheddar cheese shredded
- 0.5 cup mozzarella cheese shredded

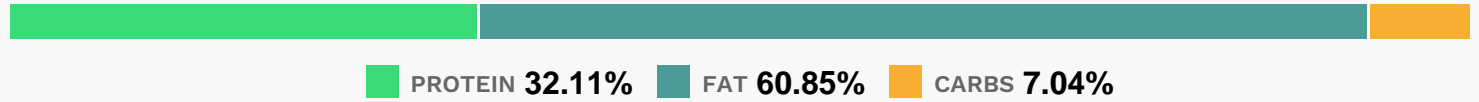
Equipment

- oven
- casserole dish

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease one 8x8 inch casserole dish and set aside.
- Beat together the eggs and milk.
- Add seasoning salt, ham, Cheddar cheese, Mozzarella cheese and minced onion.
- Pour into prepared casserole dish.
- Bake uncovered at 350 degrees F (175 degrees C) for 40 to 45 minutes.

Nutrition Facts



Properties

Glycemic Index:15.33, Glycemic Load:0.84, Inflammation Score:-3, Nutrition Score:10.460434729638%

Nutrients (% of daily need)

Calories: 198.74kcal (9.94%), Fat: 13.25g (20.39%), Saturated Fat: 5.87g (36.69%), Carbohydrates: 3.45g (1.15%), Net Carbohydrates: 3.37g (1.23%), Sugar: 2.61g (2.9%), Cholesterol: 250.26mg (83.42%), Sodium: 576.55mg (25.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.73g (31.47%), Selenium: 25.88µg (36.98%), Phosphorus: 277.32mg (27.73%), Vitamin B2: 0.43mg (25.1%), Vitamin B12: 1.25µg (20.9%), Calcium: 199.69mg (19.97%), Zinc: 1.87mg (12.49%), Vitamin B5: 1.24mg (12.38%), Vitamin D: 1.71µg (11.43%), Vitamin A: 540.28IU (10.81%), Vitamin B6: 0.18mg (9.21%), Vitamin B1: 0.13mg (8.74%), Folate: 32.01µg (8%), Iron: 1.22mg (6.77%), Potassium: 209.69mg (5.99%), Magnesium: 20.08mg (5.02%), Vitamin E: 0.73mg (4.84%), Vitamin C: 3.93mg (4.76%), Copper: 0.07mg (3.33%), Vitamin B3: 0.61mg (3.07%), Manganese: 0.04mg (2.03%)