



Cheese & ham souffléd omelette

 Gluten Free

READY IN



20 min.

SERVINGS



1

CALORIES



585 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 50 g gruyere cheese grated
- ☐ 2 slices roughly torn ham
- ☐ 2 eggs separated
- ☐ 1 tsp dijon mustard
- ☐ 1 tbsp optional: dill fresh chopped
- ☐ 1 tablespoon olive oil

Equipment

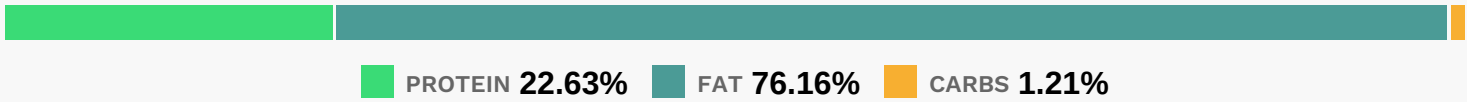
- ☐ frying pan

- ☐ whisk
- ☐ grill
- ☐ spatula

Directions

- ☐ Mix most of the cheese with the ham or gammon, egg yolks, mustard, herbs and some seasoning.
- ☐ Whisk egg whites until stiff. Using a rubber spatula, gently fold the whites into the yolk mixture until evenly mixed.
- ☐ Heat a splash of olive oil in a small non-stick frying pan.
- ☐ Pour mixture into the pan and cook for 4 mins until the underside is set and browned.
- ☐ Sprinkle over the remaining cheese and grill for 2 mins until cheese is bubbling and golden.

Nutrition Facts



Properties

Glycemic Index:47, Glycemic Load:0.02, Inflammation Score:-5, Nutrition Score:19.77000000425%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 585.48kcal (29.27%), Fat: 49.25g (75.78%), Saturated Fat: 18.18g (113.64%), Carbohydrates: 1.77g (0.59%), Net Carbohydrates: 1.54g (0.56%), Sugar: 0.45g (0.5%), Cholesterol: 478.52mg (159.51%), Sodium: 1094.52mg (47.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.93g (65.86%), Selenium: 41.82µg (59.75%), Phosphorus: 568.4mg (56.84%), Calcium: 559.48mg (55.95%), Vitamin B12: 1.86µg (31.01%), Vitamin B1: 0.44mg (29.31%), Zinc: 4.11mg (27.42%), Vitamin B2: 0.46mg (26.93%), Vitamin E: 3.3mg (22.03%), Vitamin A: 1027.54IU (20.55%), Vitamin B6: 0.38mg (19.17%), Vitamin D: 2.64µg (17.57%), Vitamin B5: 1.63mg (16.3%), Folate: 60.19µg (15.05%), Vitamin B3: 2.59mg (12.97%), Iron: 1.74mg (9.66%), Vitamin K: 10.1µg (9.62%), Magnesium: 33.06mg (8.27%), Potassium: 250.49mg (7.16%), Copper: 0.09mg (4.72%), Manganese: 0.06mg (3.1%)