



Cheesy Ham Omelet

 Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



35 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 0.3 cup milk cheddar cheese shredded 2% kraft
- 4 slices oscar mayer deli ham smoked fresh chopped
- 2 eggs
- 2 Tbsp milk fat-free
- 1 tsp green onions thinly sliced
- 1 dash pepper

Equipment

- bowl

frying pan

whisk

Directions

Whisk eggs and milk in small bowl until blended. Stir in ham, onions and pepper.

Pour into 8-inch nonstick skillet; cover. Cook on medium heat 6 min. or until egg mixture is set but top is still moist.

Sprinkle cheese onto half the omelet; fold in half.

Remove from heat; let stand, covered, 1 min.

Cut in half.

Nutrition Facts

 **PROTEIN 33.34%** **FAT 64.33%** **CARBS 2.33%**

Properties

Glycemic Index:8.28, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:1.5426086978582%

Flavonoids

Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 34.96kcal (1.75%), Fat: 2.45g (3.77%), Saturated Fat: 0.99g (6.21%), Carbohydrates: 0.2g (0.07%), Net Carbohydrates: 0.19g (0.07%), Sugar: 0.13g (0.15%), Cholesterol: 28.4mg (9.47%), Sodium: 110.12mg (4.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.86g (5.72%), Selenium: 4.07µg (5.81%), Phosphorus: 38.42mg (3.84%), Vitamin B1: 0.05mg (3.26%), Vitamin B2: 0.05mg (3.2%), Vitamin B12: 0.13µg (2.19%), Zinc: 0.33mg (2.18%), Vitamin B6: 0.04mg (2.05%), Calcium: 19.89mg (1.99%), Vitamin B3: 0.34mg (1.71%), Vitamin B5: 0.14mg (1.39%), Vitamin D: 0.2µg (1.35%), Vitamin A: 56IU (1.12%)