



Cheesy Ham Omelet

 **Gluten Free**

READY IN



15 min.

SERVINGS



2

CALORIES



262 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

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:62.13, Glycemic Load:0.36, Inflammation Score:-3, Nutrition Score:11.575652117962%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 262.18kcal (13.11%), Fat: 18.39g (28.3%), Saturated Fat: 7.45g (46.54%), Carbohydrates: 1.5g (0.5%), Net Carbohydrates: 1.46g (0.53%), Sugar: 0.99g (1.1%), Cholesterol: 212.98mg (70.99%), Sodium: 825.9mg (35.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.45g (42.9%), Selenium: 30.53µg (43.61%), Phosphorus: 288.15mg (28.82%), Vitamin B1: 0.37mg (24.48%), Vitamin B2: 0.41mg (23.98%), Vitamin B12: 0.99µg (16.45%), Zinc: 2.46mg (16.38%), Vitamin B6: 0.31mg (15.34%), Calcium: 149.17mg (14.92%), Vitamin B3: 2.56mg (12.81%), Vitamin B5: 1.04mg (10.44%), Vitamin D: 1.52µg (10.15%), Vitamin A: 419.98IU (8.4%), Potassium: 260.23mg (7.44%), Iron: 1.3mg (7.22%), Folate: 26.27µg (6.57%), Magnesium: 21.82mg (5.45%), Vitamin E: 0.78mg (5.17%), Copper: 0.08mg (4.23%), Vitamin K: 2.62µg (2.5%), Manganese: 0.03mg (1.5%)