

# Cheesy Horseradish Omelet

 **Gluten Free**

READY IN



**25 min.**

SERVINGS



**1**

CALORIES



**478 kcal**

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

## Ingredients

- 2 eggs
- 1.5 teaspoons horseradish prepared
- 0.3 cup parmesan cheese freshly grated
- 1 teaspoon suya seasoning mix salt-free
- 0.5 cup cheddar cheese shredded

## Equipment

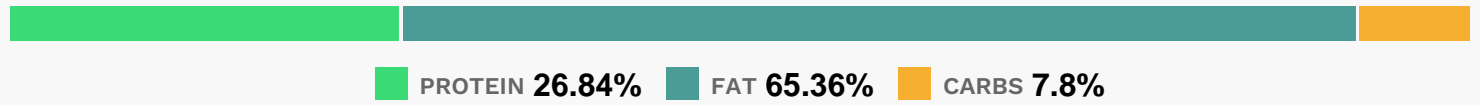
- bowl
- frying pan

whisk

## Directions

- In a medium bowl, whisk together the eggs and herb seasoning blend.
- Place a lightly greased skillet over medium-high heat. When hot, pour the egg mixture in, and turn the skillet to coat evenly. Cook until almost done, then flip over.
- Spread the top with horseradish and sprinkle with Cheddar and Parmesan cheeses. Continue to cook until the bottom is no longer raw. Fold in half and transfer to a plate for serving.

## Nutrition Facts



## Properties

Glycemic Index:67, Glycemic Load:0.65, Inflammation Score:-7, Nutrition Score:23.084782885469%

## Nutrients (% of daily need)

Calories: 478.27kcal (23.91%), Fat: 34.84g (53.6%), Saturated Fat: 17.56g (109.75%), Carbohydrates: 9.36g (3.12%), Net Carbohydrates: 7.01g (2.55%), Sugar: 1.33g (1.48%), Cholesterol: 405.61mg (135.2%), Sodium: 964.7mg (41.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.18g (64.37%), Calcium: 752.65mg (75.26%), Selenium: 52.19µg (74.55%), Phosphorus: 601.13mg (60.11%), Vitamin B2: 0.77mg (45.02%), Vitamin K: 32.79µg (31.22%), Zinc: 4.49mg (29.91%), Vitamin B12: 1.72µg (28.66%), Vitamin A: 1341.57IU (26.83%), Iron: 3.59mg (19.93%), Folate: 70.68µg (17.67%), Vitamin B5: 1.72mg (17.16%), Vitamin E: 2.38mg (15.84%), Manganese: 0.31mg (15.35%), Vitamin D: 2.22µg (14.83%), Vitamin B6: 0.27mg (13.29%), Magnesium: 49.9mg (12.47%), Fiber: 2.34g (9.37%), Potassium: 291.5mg (8.33%), Copper: 0.13mg (6.38%), Vitamin B1: 0.07mg (4.51%), Vitamin C: 1.98mg (2.4%), Vitamin B3: 0.37mg (1.86%)