



Chile Cheddar Omelets

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



489 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 1 tablespoon butter divided
- ☐ 0.5 cup chiles green canned divided chopped
- ☐ 12 eggs
- ☐ 0.8 cup parmesan cheese grated
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 0.5 cup commercial salsa
- ☐ 0.5 teaspoon salt
- ☐ 6 ounces cheddar cheese shredded divided

☐ 0.3 cup milk whole

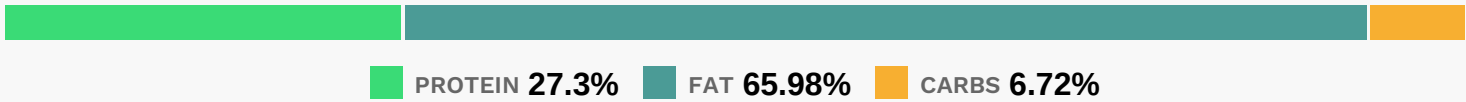
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ spatula

Directions

- ☐ Combine first 5 ingredients in a large bowl, stirring well.
- ☐ Melt 1 1/2 teaspoons butter in a 10-inch ovenproof skillet over medium heat.
- ☐ Pour half of egg mixture into skillet. As mixture begins to cook, gently lift edges of omelet with a spatula, and tilt pan to allow uncooked portions to flow underneath. Cook until browned on bottom.
- ☐ Transfer skillet to oven; broil 5 1/2 inches from heat (with electric oven door partially opened) 1 minute or until top is golden.
- ☐ Cut a 1/4-inch-deep slit down center of omelet. Top omelet with 3/4 cup cheese and 1/4 cup chiles. Loosen omelet with spatula, and carefully fold in half. Slide omelet onto a serving platter, and cut in half.
- ☐ Repeat procedure with remaining 1 1/2 teaspoons butter, egg mixture, cheese, and chiles. Top each serving with 2 tablespoons salsa just before serving.

Nutrition Facts



Properties

Glycemic Index:36.75, Glycemic Load:0.58, Inflammation Score:-7, Nutrition Score:22.740869501363%

Nutrients (% of daily need)

Calories: 489.14kcal (24.46%), Fat: 35.7g (54.93%), Saturated Fat: 17.3g (108.13%), Carbohydrates: 8.18g (2.73%), Net Carbohydrates: 7.23g (2.63%), Sugar: 2.62g (2.91%), Cholesterol: 559.23mg (186.41%), Sodium: 1394.89mg (60.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.24g (66.48%), Selenium: 59.8µg (85.43%),

Phosphorus: 603.95mg (60.39%), Calcium: 576.56mg (57.66%), Vitamin B2: 0.89mg (52.57%), Vitamin B12: 1.97µg (32.78%), Vitamin A: 1592.51IU (31.85%), Zinc: 4.23mg (28.17%), Vitamin B5: 2.4mg (24.05%), Vitamin D: 3.16µg (21.04%), Folate: 82.93µg (20.73%), Vitamin B6: 0.36mg (17.86%), Iron: 2.86mg (15.87%), Vitamin E: 2.29mg (15.26%), Potassium: 379.98mg (10.86%), Magnesium: 41.79mg (10.45%), Vitamin C: 6.56mg (7.95%), Copper: 0.14mg (7.07%), Manganese: 0.13mg (6.36%), Vitamin B1: 0.09mg (6.15%), Fiber: 0.94g (3.77%), Vitamin K: 3.8µg (3.62%), Vitamin B3: 0.63mg (3.15%)