

Corned Beef Omelet

 **Gluten Free**

READY IN



20 min.

SERVINGS



4

CALORIES



269 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 2 tablespoons butter
- 1 cup corned beef ribs cubed cooked
- 6 eggs
- 2 spring onion sliced
- 0.3 cup milk
- 1 Dash pepper
- 0.5 cup cheddar cheese shredded

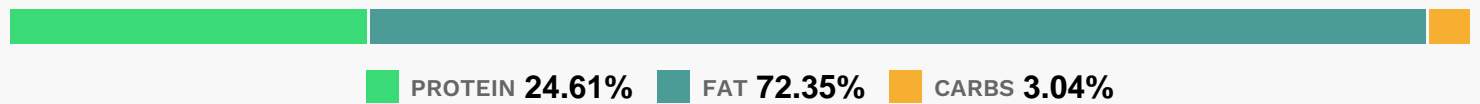
Equipment

- bowl
- frying pan
- whisk

Directions

- In a large skillet, saute onions in butter until tender. In a large bowl, whisk eggs and milk; pour over onions. Cook over medium heat; as the eggs set, lift edges, letting uncooked portion flow underneath.
- When the eggs are nearly set, sprinkle with the corned beef, cheese and pepper.
- Remove from the heat; cover and let stand for 1-2 minutes or until the cheese is melted.
- Cut into wedges.

Nutrition Facts



Properties

Glycemic Index:44.75, Glycemic Load:0.46, Inflammation Score:-4, Nutrition Score:11.91130432357%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 269.27kcal (13.46%), Fat: 21.47g (33.02%), Saturated Fat: 10g (62.49%), Carbohydrates: 2.03g (0.68%), Net Carbohydrates: 1.87g (0.68%), Sugar: 1.17g (1.3%), Cholesterol: 291.78mg (97.26%), Sodium: 581.67mg (25.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.43g (32.85%), Selenium: 30.02µg (42.89%), Vitamin B2: 0.44mg (25.68%), Phosphorus: 247.77mg (24.78%), Vitamin B12: 1.33µg (22.24%), Calcium: 163.67mg (16.37%), Vitamin A: 757.52IU (15.15%), Zinc: 2.27mg (15.12%), Vitamin B5: 1.3mg (13.01%), Vitamin K: 13.53µg (12.89%), Vitamin B6: 0.22mg (10.86%), Vitamin C: 8.76mg (10.61%), Vitamin D: 1.57µg (10.48%), Folate: 39.45µg (9.86%), Iron: 1.75mg (9.71%), Vitamin E: 1mg (6.68%), Potassium: 227.31mg (6.49%), Vitamin B3: 1.14mg (5.71%), Magnesium: 18.9mg (4.73%), Copper: 0.09mg (4.44%), Vitamin B1: 0.05mg (3.66%), Manganese: 0.04mg (1.95%)