



Cream Cheese Ham Omelet

 **Gluten Free**

READY IN



15 min.

SERVINGS



2

CALORIES



182 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 0.5 cup seasoning cubes diced lean fully cooked
- 1 cup egg substitute
- 3 tablespoons cream cheese cubed reduced-fat
- 2 teaspoons olive oil
- 0.1 teaspoon paprika
- 0.1 teaspoon pepper
- 0.3 teaspoon lawry's seasoned salt
- 0.5 cup onion sweet chopped

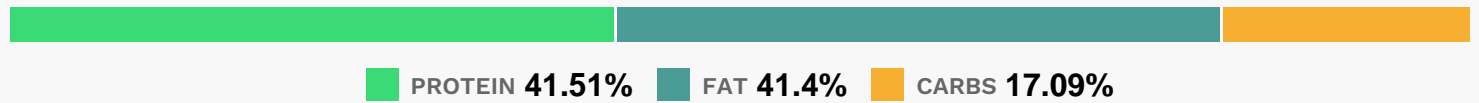
Equipment

frying pan

Directions

In a 10-in. nonstick skillet, saute onion in oil until tender. Reduce heat to medium; add egg substitute. As eggs set, lift edges, letting uncooked portion flow underneath. When the eggs are set, sprinkle ham and seasonings over one side. Top with cream cheese cubes. Fold omelet over filling. Cover and let stand for 1-2 minutes or until cream cheese is melted.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.02, Inflammation Score:-6, Nutrition Score:12.510434788206%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 5.81mg, Quercetin: 5.81mg, Quercetin: 5.81mg, Quercetin: 5.81mg

Nutrients (% of daily need)

Calories: 182.19kcal (9.11%), Fat: 8.51g (13.1%), Saturated Fat: 2.6g (16.27%), Carbohydrates: 7.9g (2.63%), Net Carbohydrates: 7.47g (2.72%), Sugar: 6.24g (6.93%), Cholesterol: 27.42mg (9.14%), Sodium: 985.17mg (42.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.2g (38.41%), Selenium: 50.67µg (72.39%), Vitamin B2: 0.51mg (30.27%), Vitamin B5: 2.23mg (22.26%), Vitamin E: 2.59mg (17.27%), Iron: 2.76mg (15.36%), Vitamin D: 1.99µg (13.25%), Phosphorus: 131.99mg (13.2%), Calcium: 129.96mg (13%), Vitamin B1: 0.17mg (11.33%), Vitamin B6: 0.22mg (11.24%), Potassium: 363.39mg (10.38%), Vitamin B12: 0.62µg (10.25%), Vitamin A: 456.85IU (9.14%), Zinc: 1.36mg (9.09%), Folate: 32.76µg (8.19%), Magnesium: 23.84mg (5.96%), Vitamin K: 3.32µg (3.16%), Vitamin C: 2.52mg (3.06%), Copper: 0.06mg (2.94%), Manganese: 0.06mg (2.94%), Fiber: 0.44g (1.74%), Vitamin B3: 0.26mg (1.32%)