



Easy Baked Omelet

 Gluten Free

READY IN



36 min.

SERVINGS



2

CALORIES



386 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 0.5 cup asparagus chopped (5 stalks)
- 4 large eggs
- 0.3 cup green onions chopped
- 2 slices oscar mayer ham smoked chopped
- 2 Tbsp 2 tbsp. kraft zesty italian dressing italian kraft
- 0.7 cup plum tomatoes chopped (1 medium)
- 0.5 cup cheddar cheese shredded divided kraft

Equipment

- bowl
- frying pan
- oven

Directions

- Preheat oven to 350F.
- Heat dressing in small ovenproof nonstick skillet on medium-high heat.
- Add onions and asparagus; cook 3 min., stirring occasionally.
- Meanwhile, beat eggs lightly in medium bowl. Stir in tomatoes, ham and 1/4 cup of the cheese.
- Pour into skillet; cook, without stirring, 3 to 4 min. or until edges begin to set.
- Sprinkle with remaining 1/4 cup cheese.
- Bake in skillet, uncovered, 20 min. until center is set.
- Let stand 5 min.; cut into wedges to serve.
- Sprinkle with chopped fresh parsley, if desired.

Nutrition Facts

PROTEIN 27.93% **FAT 63.29%** **CARBS 8.78%**

Properties

Glycemic Index:64.5, Glycemic Load:1.37, Inflammation Score:-8, Nutrition Score:23.156521444735%

Flavonoids

Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg Isorhamnetin: 1.91mg, Isorhamnetin: 1.91mg, Isorhamnetin: 1.91mg, Isorhamnetin: 1.91mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 6.48mg, Quercetin: 6.48mg, Quercetin: 6.48mg, Quercetin: 6.48mg

Nutrients (% of daily need)

Calories: 386.48kcal (19.32%), Fat: 27.13g (41.74%), Saturated Fat: 10.7g (66.88%), Carbohydrates: 8.47g (2.82%), Net Carbohydrates: 6.5g (2.36%), Sugar: 5.05g (5.61%), Cholesterol: 417.61mg (139.2%), Sodium: 811.7mg (35.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.94g (53.88%), Selenium: 46.19µg (65.99%), Vitamin K: 55.25µg (52.62%), Phosphorus: 430.48mg (43.05%), Vitamin B2: 0.72mg (42.1%), Vitamin A: 1863.17IU (37.26%), Calcium: 284.52mg (28.45%), Vitamin B12: 1.37µg (22.81%), Folate: 91.02µg (22.76%), Zinc: 3.35mg (22.34%),

Vitamin B6: 0.41mg (20.33%), Vitamin B1: 0.3mg (20.22%), Vitamin B5: 1.95mg (19.49%), Vitamin C: 15.09mg (18.29%), Iron: 3.19mg (17.73%), Vitamin E: 2.56mg (17.05%), Vitamin D: 2.37µg (15.77%), Potassium: 541.26mg (15.46%), Copper: 0.23mg (11.38%), Vitamin B3: 2.22mg (11.1%), Magnesium: 41.55mg (10.39%), Manganese: 0.2mg (10.1%), Fiber: 1.97g (7.9%)