



Gluten-Free Denver Omelet

 **Gluten Free**  **Dairy Free**

READY IN



16 min.

SERVINGS



1

CALORIES



248 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 2 teaspoons butter
- 2 tablespoons finely-chopped ham fully cooked chopped
- 1 tablespoon bell pepper finely chopped
- 1 tablespoon onion finely chopped
- 2 eggs beaten

Equipment

- frying pan

Directions

- Heat butter in 8-inch omelet pan or skillet over medium-high heat just until butter begins to brown. As butter melts, tilt pan to coat bottom. Cook ham, bell pepper and onion in butter 2 minutes, stirring frequently.
- Quickly pour eggs into pan. While sliding pan back and forth rapidly over heat, quickly stir with fork to spread eggs continuously over bottom of pan as they thicken.
- Let stand over heat a few seconds to lightly brown bottom of omelet. (Do not overcook—omelet will continue to cook after folding.)
- Tilt pan and run fork under edge of omelet, then jerk pan sharply to loosen eggs from bottom of pan. Fold portion of omelet nearest you just to center. (Allow for portion of omelet to slide up side of pan.) Turn omelet onto warm plate, flipping folded portion of omelet over so it rolls over the bottom. Tuck sides of omelet under if necessary.

Nutrition Facts

PROTEIN 27.67% **FAT 68.71%** **CARBS 3.62%**

Properties

Glycemic Index:59, Glycemic Load:0.32, Inflammation Score:-6, Nutrition Score:13.119130445563%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg

Nutrients (% of daily need)

Calories: 248.22kcal (12.41%), Fat: 18.71g (28.78%), Saturated Fat: 4.94g (30.86%), Carbohydrates: 2.22g (0.74%), Net Carbohydrates: 1.85g (0.67%), Sugar: 1.14g (1.27%), Cholesterol: 348.95mg (116.32%), Sodium: 561.61mg (24.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.95g (33.9%), Selenium: 32.93µg (47.04%), Vitamin B2: 0.49mg (28.64%), Phosphorus: 268.21mg (26.82%), Vitamin C: 19.55mg (23.7%), Vitamin A: 1124.28IU (22.49%), Vitamin B12: 1.21µg (20.17%), Vitamin B5: 1.66mg (16.57%), Vitamin B1: 0.2mg (13.5%), Vitamin B6: 0.27mg (13.26%), Zinc: 1.83mg (12.23%), Folate: 48.53µg (12.13%), Vitamin D: 1.76µg (11.73%), Iron: 1.85mg (10.29%), Vitamin E: 1.38mg (9.22%), Potassium: 242.96mg (6.94%), Vitamin B3: 1.22mg (6.11%), Calcium: 57.01mg (5.7%), Copper: 0.1mg (5.13%), Magnesium: 19.19mg (4.8%), Manganese: 0.06mg (3.09%), Fiber: 0.37g (1.46%)