



WHATSheATE



Ham and Cheese Chop Chop



Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



246 kcal

Ingredients

- ☐ 6 eggs
- ☐ 1 tablespoon milk
- ☐ 0.8 cup cheddar cheese shredded
- ☐ 1.5 cups ham smoked cubed

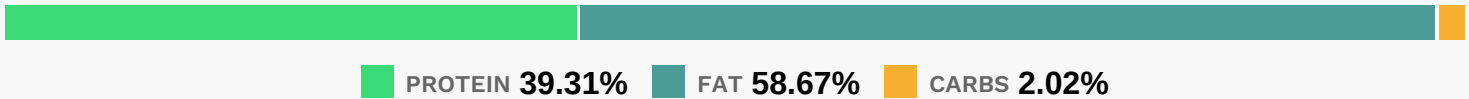
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Preheat a skillet over medium heat.
- ☐ Combine eggs and milk in a large bowl; beat well.
- ☐ Add ham to preheated skillet and warm until juicy.
- ☐ Add eggs and stir regularly until they start to set. While eggs are still soft, add cheese. Cook until eggs are firm and cheese is melted. Season with salt and pepper to taste and serve.

Nutrition Facts



Properties

Glycemic Index:16.25, Glycemic Load:0.21, Inflammation Score:-3, Nutrition Score:10.761739191802%

Nutrients (% of daily need)

Calories: 246.19kcal (12.31%), Fat: 15.9g (24.45%), Saturated Fat: 6.98g (43.64%), Carbohydrates: 1.23g (0.41%), Net Carbohydrates: 1.23g (0.45%), Sugar: 0.56g (0.62%), Cholesterol: 297.76mg (99.25%), Sodium: 1007.64mg (43.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.96g (47.92%), Phosphorus: 380.04mg (38%), Selenium: 26.33µg (37.61%), Vitamin B2: 0.4mg (23.54%), Calcium: 197.74mg (19.77%), Zinc: 2.8mg (18.65%), Vitamin B12: 0.83µg (13.87%), Vitamin A: 574.77IU (11.5%), Iron: 2.02mg (11.21%), Vitamin B5: 1.11mg (11.13%), Copper: 0.21mg (10.38%), Vitamin D: 1.49µg (9.92%), Folate: 35.47µg (8.87%), Magnesium: 33.85mg (8.46%), Potassium: 283.87mg (8.11%), Vitamin B6: 0.13mg (6.46%), Vitamin E: 0.85mg (5.69%), Vitamin B1: 0.03mg (2.31%), Manganese: 0.02mg (1.04%)