



Ham and Cheese Omelet Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



353 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup processed cheese food shredded
- 2 cups seasoning cubes diced
- 8 eggs
- 1 cup milk
- 4 servings salt and pepper to taste

Equipment

- bowl
- oven

casserole dish

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Beat eggs in a large bowl, making sure that they are mixed very well and have a 'frothy' top.
- Add the milk, salt and pepper.
- Mix well. Stir in ham, then add cheese pieces and stir well.
- Pour mixture into a well greased 4 quart casserole dish and bake in the preheated oven for 50 to 60 minutes or until top is lightly browned.

Nutrition Facts

 **PROTEIN 33.56%**  **FAT 59.88%**  **CARBS 6.56%**

Properties

Glycemic Index:16.25, Glycemic Load:1.43, Inflammation Score:-4, Nutrition Score:14.901739172314%

Nutrients (% of daily need)

Calories: 353.36kcal (17.67%), Fat: 23.48g (36.13%), Saturated Fat: 10.21g (63.81%), Carbohydrates: 5.79g (1.93%), Net Carbohydrates: 5.79g (2.11%), Sugar: 5.07g (5.63%), Cholesterol: 400.21mg (133.4%), Sodium: 1669.81mg (72.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.61g (59.22%), Selenium: 35.25µg (50.35%), Calcium: 490.18mg (49.02%), Phosphorus: 460.2mg (46.02%), Vitamin B2: 0.57mg (33.43%), Vitamin B12: 1.64µg (27.29%), Vitamin A: 904.77IU (18.1%), Vitamin D: 2.64µg (17.61%), Vitamin B5: 1.72mg (17.18%), Zinc: 2.26mg (15.05%), Iron: 2.13mg (11.82%), Folate: 44.16µg (11.04%), Vitamin B6: 0.21mg (10.29%), Vitamin E: 1.23mg (8.23%), Potassium: 259.18mg (7.41%), Magnesium: 26.99mg (6.75%), Vitamin B1: 0.07mg (4.97%), Copper: 0.08mg (4.01%), Manganese: 0.04mg (2.1%), Vitamin K: 1.36µg (1.29%)