



Ham and Potato Omelet

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



365 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 4 large egg whites
- ☐ 3 large eggs
- ☐ 1 cup 3%-less-sodium ham chopped
- ☐ 4 cups d hash brown potatoes frozen with onions and peppers such as ore-ida potatoes o'brien
- ☐ 0.3 cup milk 1% low-fat
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon vegetable oil

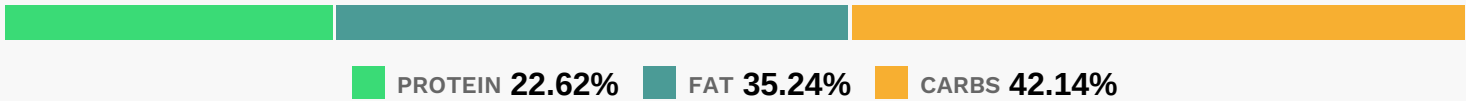
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 45
- ☐ Combine first 5 ingredients, stirring with a whisk.
- ☐ Heat oil in a large cast-iron skillet over medium-high heat.
- ☐ Add potatoes; saut 5 minutes. Stir in ham; saut 1 minute. Stir in egg mixture.
- ☐ Bake at 450 for 12 minutes or until set. Cover and let stand 10 minutes.
- ☐ Cut into 8 wedges.

Nutrition Facts



Properties

Glycemic Index:15.75, Glycemic Load:10.64, Inflammation Score:-3, Nutrition Score:15.506956722425%

Nutrients (% of daily need)

Calories: 364.75kcal (18.24%), Fat: 14.34g (22.06%), Saturated Fat: 4.21g (26.33%), Carbohydrates: 38.57g (12.86%), Net Carbohydrates: 35.6g (12.94%), Sugar: 1.11g (1.23%), Cholesterol: 161.94mg (53.98%), Sodium: 866.14mg (37.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.71g (41.42%), Selenium: 27µg (38.58%), Vitamin B1: 0.44mg (29.26%), Phosphorus: 268.19mg (26.82%), Vitamin B2: 0.44mg (26.11%), Vitamin B3: 5.14mg (25.68%), Potassium: 829.31mg (23.69%), Vitamin C: 17.22mg (20.87%), Vitamin B6: 0.39mg (19.52%), Manganese: 0.34mg (17.14%), Iron: 3.06mg (17%), Vitamin B5: 1.53mg (15.31%), Copper: 0.27mg (13.68%), Zinc: 1.81mg (12.08%), Fiber: 2.97g (11.89%), Vitamin B12: 0.68µg (11.29%), Magnesium: 39.87mg (9.97%), Vitamin D: 1.16µg (7.72%), Folate: 28.71µg (7.18%), Calcium: 66.08mg (6.61%), Vitamin K: 6.58µg (6.27%), Vitamin E: 0.8mg (5.35%), Vitamin A: 232.09IU (4.64%)