



Ham and Swiss Omelets with Orange-Baked Ham

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



149 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 0.5 teaspoon basil dried
- ☐ 0.8 cup egg substitute frozen thawed
- ☐ 2 egg whites
- ☐ 0.3 cup green onions chopped
- ☐ 0.3 cup orange-baked ham chopped
- ☐ 0.5 teaspoon hot sauce
- ☐ 0.1 teaspoon pepper

- ☐ 1 Dash pepper
- ☐ 1 ounce swiss cheese shredded divided reduced-fat
- ☐ 0.3 cup tomatoes peeled seeded chopped
- ☐ 2 tablespoons water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ hand mixer

Directions

- ☐ Coat a 6-inch heavy nonstick skillet with cooking spray; place over medium heat until hot.
- ☐ Add Orange-
- ☐ Baked Ham, green onions, and tomato; cook 2 to 3 minutes or until vegetables are tender.
- ☐ Add dash of pepper.
- ☐ Remove vegetables from skillet; set aside, and keep warm. Wipe skillet dry with a paper towel.
- ☐ Beat egg whites at high speed of an electric mixer until stiff peaks form; set aside.
- ☐ Combine egg substitute and next 4 ingredients in a small bowl, stirring well. Gently fold egg whites into egg substitute mixture.
- ☐ Coat skillet with cooking spray; place over medium heat until hot.
- ☐ Pour half of egg white mixture into skillet. Cover, reduce heat, and cook 5 minutes or until golden on bottom. Turn omelet; cover and cook 3 minutes or until puffy and golden. Slide omelet onto a warm serving plate. Spoon half of reserved vegetable mixture over half of omelet; sprinkle with 2 tablespoons cheese, and carefully fold in half. Keep warm. Repeat procedure with remaining egg white mixture, vegetable mixture, and 2 tablespoons cheese.
- ☐ Serve immediately.

Nutrition Facts



 PROTEIN **59.05%**  FAT **29.05%**  CARBS **11.9%**

Properties

Glycemic Index:67, Glycemic Load:0.4, Inflammation Score:-6, Nutrition Score:15.423913136772%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg

Nutrients (% of daily need)

Calories: 149.36kcal (7.47%), Fat: 4.77g (7.33%), Saturated Fat: 1.88g (11.75%), Carbohydrates: 4.39g (1.46%), Net Carbohydrates: 3.7g (1.35%), Sugar: 3g (3.33%), Cholesterol: 19.43mg (6.48%), Sodium: 564.41mg (24.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.8g (43.6%), Selenium: 50.36µg (71.94%), Vitamin B2: 0.6mg (35.26%), Vitamin K: 32.19µg (30.66%), Calcium: 223.42mg (22.34%), Phosphorus: 215.16mg (21.52%), Vitamin B1: 0.27mg (17.79%), Vitamin B5: 1.69mg (16.89%), Iron: 2.51mg (13.97%), Zinc: 2.09mg (13.92%), Vitamin B6: 0.25mg (12.46%), Vitamin B12: 0.72µg (12.01%), Potassium: 412.05mg (11.77%), Vitamin E: 1.72mg (11.49%), Vitamin D: 1.62µg (10.78%), Vitamin A: 508.25IU (10.17%), Magnesium: 33.16mg (8.29%), Vitamin C: 6.1mg (7.4%), Folate: 28.81µg (7.2%), Vitamin B3: 1.4mg (7.02%), Manganese: 0.1mg (5.03%), Copper: 0.08mg (4.08%), Fiber: 0.69g (2.76%)