



Ham, Cheese & Sun-Dried Tomato Omelet

 Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



37 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 0.3 cup knudsen milkfat cottage cheese 2% low fat
- 6 slices oscar mayer deli ham smoked fresh chopped
- 4 egg whites
- 1 green onion thinly sliced
- 0.3 cup milk sharp cheddar cheese shredded 2% kraft
- 2 Tbsp sun-dried tomatoes finely chopped
- 1 eggs whole

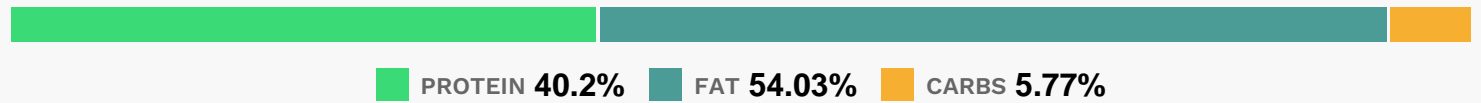
Equipment

- bowl
- frying pan
- whisk
- spatula

Directions

- Whisk first 3 ingredients in medium bowl until blended. Stir in onions and tomatoes.
- Heat heavy 10-inch nonstick skillet sprayed with cooking spray on medium heat.
- Add egg mixture; cook 4 min. or until almost set, occasionally lifting edge with spatula and tilting pan to allow uncooked portion to flow underneath. Top with ham and cheddar; cook 2 to 3 min. or until egg mixture is set and cheddar is melted.
- Slip spatula underneath omelet, tip skillet to loosen and gently fold omelet in half.
- Cut in half.

Nutrition Facts



Properties

Glycemic Index:4.45, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:1.6978260822918%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 36.63kcal (1.83%), Fat: 2.16g (3.33%), Saturated Fat: 0.87g (5.43%), Carbohydrates: 0.52g (0.17%), Net Carbohydrates: 0.44g (0.16%), Sugar: 0.36g (0.4%), Cholesterol: 14.96mg (4.99%), Sodium: 137.95mg (6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.62g (7.24%), Selenium: 4.55µg (6.5%), Vitamin B2: 0.07mg (4.14%), Vitamin B1: 0.06mg (3.72%), Phosphorus: 36.75mg (3.68%), Vitamin B3: 0.44mg (2.18%), Vitamin B6: 0.04mg (2.08%), Zinc: 0.3mg (2.02%), Vitamin B12: 0.12µg (1.96%), Potassium: 59.97mg (1.71%), Calcium: 15.51mg (1.55%), Vitamin K: 1.5µg (1.43%), Vitamin B5: 0.11mg (1.08%), Magnesium: 4.18mg (1.04%)