



Ham & Feta Cheese Omelet

 Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



284 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 0.3 cup ham cubed cooked
- ☐ 0.3 cup cucumber diced
- ☐ 2 eggs beaten
- ☐ 0.3 cup feta cheese crumbled
- ☐ 2 tablespoons green onion chopped
- ☐ 1 serving garnish: salsa
- ☐ 1 serving salt and pepper to taste

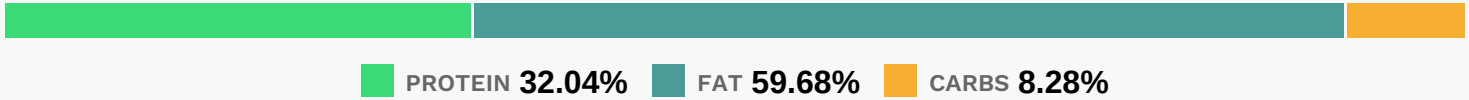
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine all ingredients except salsa in a bowl; mix well.
- ☐ Pour into a lightly greased saut pan or small skillet. Without stirring, cook over low heat until set. Fold over; transfer to serving plate.
- ☐ Serve with salsa.

Nutrition Facts



Properties

Glycemic Index:74, Glycemic Load:0.65, Inflammation Score:-6, Nutrition Score:19.230869541997%

Flavonoids

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 284.42kcal (14.22%), Fat: 18.72g (28.8%), Saturated Fat: 8.24g (51.48%), Carbohydrates: 5.84g (1.95%), Net Carbohydrates: 4.72g (1.72%), Sugar: 2.28g (2.54%), Cholesterol: 381.36mg (127.12%), Sodium: 1285.04mg (55.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.61g (45.22%), Selenium: 38.63µg (55.18%), Vitamin B2: 0.81mg (47.89%), Phosphorus: 404.77mg (40.48%), Vitamin B12: 1.82µg (30.25%), Vitamin K: 29.52µg (28.11%), Calcium: 258.23mg (25.82%), Vitamin B6: 0.46mg (23.08%), Vitamin B5: 2.11mg (21.12%), Zinc: 3.01mg (20.09%), Vitamin A: 930.63IU (18.61%), Vitamin B1: 0.27mg (18.05%), Folate: 67.82µg (16.96%), Iron: 2.41mg (13.39%), Vitamin C: 10.51mg (12.74%), Vitamin D: 1.91µg (12.73%), Potassium: 385.01mg (11%), Vitamin E: 1.46mg (9.72%), Vitamin B3: 1.88mg (9.38%), Magnesium: 34.81mg (8.7%), Copper: 0.16mg (8.1%), Manganese: 0.13mg (6.43%), Fiber: 1.12g (4.48%)