



Ham Omelette with Maille® Old Style Mustard

 Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



489 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 3 eggs
- ☐ 1 ounce ham chopped
- ☐ 2 teaspoons mustard old style maille®
- ☐ 1 serving salt and pepper black freshly ground
- ☐ 1 tablespoon cup heavy whipping cream sour
- ☐ 1 tablespoon water

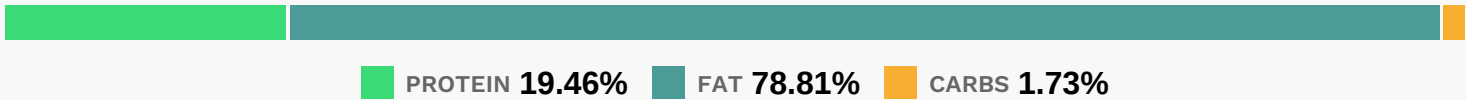
Equipment

☐ frying pan

Directions

- ☐ Beat eggs with salt, pepper and water.
- ☐ Heat butter in a pan over high heat until frothing.
- ☐ Pour in egg mix. Turn down heat slightly. Gently push cooked egg to the middle of pan with a wooden fork, allowing uncooked egg to run underneath.
- ☐ When omelette is set on top – and browned underneath, spread with Maille® Old Style mustard, sour cream and sprinkle with chopped ham. Flip omelette over and slide onto a serving plate.
- ☐ Best served with tomato salad, tossed in vinaigrette with basil leaves.

Nutrition Facts



Properties

Glycemic Index:114, Glycemic Load:0.05, Inflammation Score:-6, Nutrition Score:16.962174169395%

Nutrients (% of daily need)

Calories: 488.52kcal (24.43%), Fat: 42.68g (65.67%), Saturated Fat: 21.46g (134.11%), Carbohydrates: 2.12g (0.71%), Net Carbohydrates: 1.66g (0.6%), Sugar: 1.06g (1.17%), Cholesterol: 575.9mg (191.97%), Sodium: 818.48mg (35.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.71g (47.43%), Selenium: 51.09µg (72.98%), Vitamin B2: 0.7mg (41.31%), Phosphorus: 348.83mg (34.88%), Vitamin A: 1494.93IU (29.9%), Vitamin B12: 1.43µg (23.82%), Vitamin B5: 2.26mg (22.56%), Vitamin D: 2.84µg (18.92%), Vitamin B6: 0.35mg (17.25%), Zinc: 2.49mg (16.61%), Vitamin B1: 0.25mg (16.4%), Folate: 65.17µg (16.29%), Iron: 2.74mg (15.22%), Vitamin E: 2.22mg (14.8%), Calcium: 101.94mg (10.19%), Potassium: 301.29mg (8.61%), Vitamin B3: 1.44mg (7.22%), Magnesium: 28.11mg (7.03%), Copper: 0.13mg (6.59%), Manganese: 0.1mg (4.84%), Vitamin K: 2.85µg (2.71%), Fiber: 0.46g (1.82%)