

# Hearty Ham Omelet

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



276 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

## Ingredients

- 1 tablespoon butter
- 4 ounces mushrooms drained sliced canned
- 0.5 cup finely-chopped ham fully cooked chopped
- 6 eggs
- 1 tablespoon parsley fresh minced
- 1 medium bell pepper green chopped
- 0.3 cup milk
- 1 small onion chopped

- 0.3 teaspoon pepper
- 4 ounces processed cheese food shredded
- 0.3 teaspoon salt

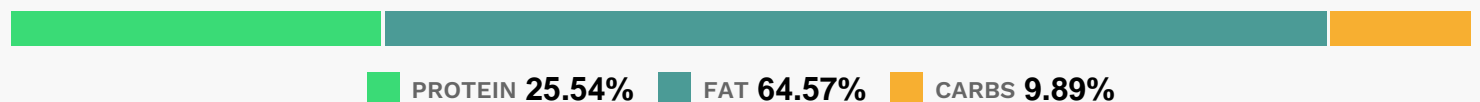
## Equipment

- bowl
- frying pan

## Directions

- In a 12-in. nonstick skillet, cook green pepper, ham, onion and mushrooms in butter until tender; remove from skillet and set aside. In a bowl, beat eggs with milk, parsley, salt and pepper.
- Pour into the skillet; cook over medium heat. As eggs set, lift edges, letting uncooked portion flow underneath. When eggs are set, spoon vegetable mixture over half the omelet. Top with half of the cheese. Fold omelet in half over filling.
- Sprinkle with remaining cheese. Cover 1-2 minutes or until cheese melts.
- Serve on a warm platter.

## Nutrition Facts



## Properties

Glycemic Index:54, Glycemic Load:1.03, Inflammation Score:-6, Nutrition Score:16.630000155905%

## Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg

## Nutrients (% of daily need)

Calories: 275.56kcal (13.78%), Fat: 19.85g (30.54%), Saturated Fat: 9.55g (59.66%), Carbohydrates: 6.84g (2.28%), Net Carbohydrates: 5.29g (1.92%), Sugar: 3.75g (4.17%), Cholesterol: 293.54mg (97.85%), Sodium: 1026.89mg

(44.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.67g (35.34%), Selenium: 30.37µg (43.38%), Phosphorus: 400.4mg (40.04%), Calcium: 365.8mg (36.58%), Vitamin C: 29.84mg (36.16%), Vitamin B2: 0.44mg (26.12%), Vitamin B12: 1.3µg (21.67%), Vitamin K: 20.1µg (19.14%), Vitamin A: 931.82IU (18.64%), Vitamin B5: 1.6mg (15.97%), Zinc: 2.22mg (14.82%), Vitamin B6: 0.28mg (13.96%), Vitamin D: 1.71µg (11.43%), Folate: 45.06µg (11.26%), Vitamin B1: 0.16mg (10.96%), Iron: 1.89mg (10.51%), Potassium: 313.32mg (8.95%), Copper: 0.17mg (8.66%), Vitamin E: 1.13mg (7.56%), Magnesium: 29.85mg (7.46%), Manganese: 0.14mg (6.93%), Fiber: 1.55g (6.19%), Vitamin B3: 1.22mg (6.1%)