



 7%
HEALTH SCORE

Mini Ham Omelets

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



110 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 6 cherry tomatoes
- 2 eggs
- 1 tablespoon milk
- 2 small onion
- 1 tablespoon parmesan cheese grated
- 6 servings bell pepper
- 6 servings bell pepper
- 6 slices pancetta

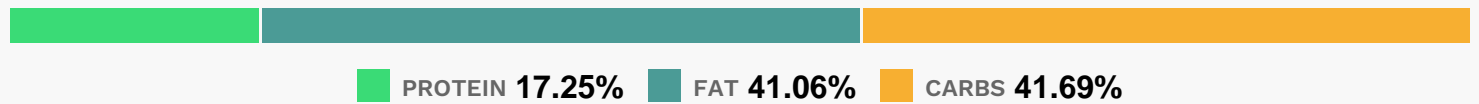
Equipment

- oven
- whisk
- mixing bowl

Directions

- Wash, chop the spring onions and check. In a mixing bowl with a whisk the eggs with the grated Parmesan.
- Add chopped onions, milk and a sprinkling of pepper. Lining six cavities of a mold silicone muffin with slices of ham and fill with a couple of tablespoons of dough. Enter a washed and dried tomatoes in the center of each cake and bake in a preheated oven at 180C for 12-15 minutes.

Nutrition Facts



Properties

Glycemic Index: 21.5, Glycemic Load: 2.4, Inflammation Score: -9, Nutrition Score: 17.164347826087%

Flavonoids

Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.2mg, Quercetin: 5.2mg, Quercetin: 5.2mg, Quercetin: 5.2mg

Taste

Sweetness: 100%, Saltiness: 65.21%, Sourness: 35.6%, Bitterness: 11.09%, Savoriness: 36.63%, Fattiness: 73.54%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 110.48kcal (5.52%), Fat: 5.37g (8.27%), Saturated Fat: 1.8g (11.24%), Carbohydrates: 12.27g (4.09%), Net Carbohydrates: 8.63g (3.14%), Sugar: 7.85g (8.72%), Cholesterol: 60.87mg (20.29%), Sodium: 98.08mg (4.26%), Protein: 5.08g (10.16%), Vitamin C: 196.32mg (237.97%), Vitamin A: 4842.21IU (96.84%), Vitamin B6: 0.52mg (26.17%), Folate: 82.13µg (20.53%), Vitamin E: 2.65mg (17.65%), Fiber: 3.64g (14.58%), Vitamin B2: 0.22mg (12.74%),

Potassium: 426.88mg (12.2%), Manganese: 0.22mg (11.03%), Phosphorus: 98.64mg (9.86%), Selenium: 6.8µg (9.72%), Vitamin B3: 1.91mg (9.56%), Vitamin B1: 0.13mg (8.46%), Vitamin B5: 0.8mg (8.04%), Vitamin K: 7.94µg (7.56%), Magnesium: 25.06mg (6.26%), Iron: 1.1mg (6.1%), Zinc: 0.77mg (5.11%), Calcium: 36.72mg (3.67%), Vitamin B12: 0.2µg (3.25%), Copper: 0.06mg (3.07%), Vitamin D: 0.36µg (2.38%)