

Omelet in a Bag

 Gluten Free

READY IN



28 min.

SERVINGS



1

CALORIES



517 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 2 eggs
- 2 mushrooms fresh sliced
- 1 tablespoon bell pepper green chopped
- 2 slices ham chopped
- 1 tablespoon onion chopped
- 1 tablespoon chunky salsa
- 0.5 cup cheddar cheese shredded
- 2 tablespoons tomatoes fresh chopped

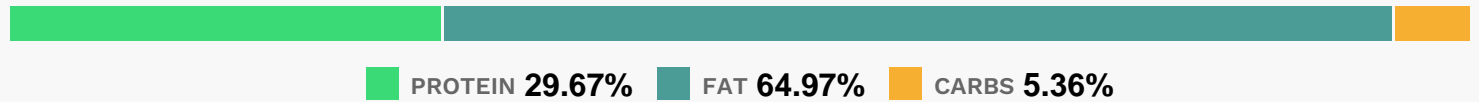
Equipment

pot

Directions

- Crack the eggs into a large resealable freezer bag. Press out most of the air, and seal. Shake or squeeze to beat the eggs. Open the bag, and add the ham, cheese, onion, green pepper, tomato, salsa, and mushrooms. Squeeze out as much of the air as you can, and seal the bag.
- Bring a large pot of water to a boil.
- Place up to 8 bags at a time into the boiling water. Cook for exactly 13 minutes. Open the bag, and let the omelet roll out onto a plate. The omelet should roll out easily.

Nutrition Facts



Properties

Glycemic Index:134, Glycemic Load:1.2, Inflammation Score:-7, Nutrition Score:25.201304290606%

Flavonoids

Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.41mg, Quercetin: 2.41mg, Quercetin: 2.41mg, Quercetin: 2.41mg

Nutrients (% of daily need)

Calories: 517.06kcal (25.85%), Fat: 37.22g (57.26%), Saturated Fat: 16.99g (106.2%), Carbohydrates: 6.91g (2.3%), Net Carbohydrates: 5.54g (2.01%), Sugar: 3.34g (3.71%), Cholesterol: 418.58mg (139.53%), Sodium: 1268.31mg (55.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.25g (76.5%), Selenium: 59.63µg (85.19%), Phosphorus: 604.23mg (60.42%), Vitamin B2: 0.95mg (56%), Calcium: 464.52mg (46.45%), Zinc: 4.83mg (32.18%), Vitamin B1: 0.45mg (29.8%), Vitamin B12: 1.76µg (29.27%), Vitamin A: 1399.09IU (27.98%), Vitamin B6: 0.53mg (26.38%), Vitamin B5: 2.52mg (25.17%), Vitamin B3: 4.45mg (22.24%), Folate: 69.61µg (17.4%), Vitamin D: 2.57µg (17.14%), Potassium: 594.55mg (16.99%), Vitamin C: 13.41mg (16.26%), Copper: 0.29mg (14.68%), Iron: 2.52mg (13.98%), Vitamin E: 1.94mg (12.96%), Magnesium: 47.64mg (11.91%), Manganese: 0.13mg (6.65%), Fiber: 1.37g (5.48%), Vitamin K: 5.36µg (5.1%)