

# Omelet in a Mug

 **Gluten Free**  **Popular**

READY IN



17 min.

SERVINGS



1

CALORIES



218 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

## Ingredients

- 2 tablespoons ham diced fully cooked
- 1 large eggs
- 2 egg whites
- 1 tablespoon bell pepper diced green
- 1 serving salt and ground pepper black to taste
- 2 tablespoons cheddar cheese shredded

## Equipment

- microwave

## Directions

- Combine egg, egg whites, Cheddar cheese, ham, bell pepper, salt, and ground pepper in a microwave-safe mug coated with non-stick spray.
- Microwave on high for 1 minute; stir. Return to microwave and cook until eggs are completely set, 1 to 1 1/2 minutes longer.

## Nutrition Facts

**PROTEIN 42.21%** **FAT 54.58%** **CARBS 3.21%**

## Properties

Glycemic Index:69, Glycemic Load:0.15, Inflammation Score:-4, Nutrition Score:12.374782733295%

## Flavonoids

Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

## Nutrients (% of daily need)

Calories: 218.24kcal (10.91%), Fat: 12.91g (19.86%), Saturated Fat: 5.34g (33.37%), Carbohydrates: 1.71g (0.57%), Net Carbohydrates: 1.52g (0.55%), Sugar: 0.89g (0.99%), Cholesterol: 224.59mg (74.86%), Sodium: 623.65mg (27.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.46g (44.93%), Selenium: 38.02µg (54.32%), Vitamin B2: 0.64mg (37.65%), Phosphorus: 274.23mg (27.42%), Vitamin B12: 1.1µg (18.27%), Vitamin C: 14.37mg (17.42%), Calcium: 155.54mg (15.55%), Zinc: 1.96mg (13.06%), Vitamin B1: 0.19mg (12.63%), Vitamin B5: 1.22mg (12.19%), Vitamin B6: 0.2mg (9.83%), Vitamin A: 475.3IU (9.51%), Potassium: 280.6mg (8.02%), Folate: 31.3µg (7.83%), Vitamin D: 1.1µg (7.35%), Iron: 1.24mg (6.91%), Magnesium: 24.5mg (6.13%), Vitamin B3: 1.21mg (6.03%), Copper: 0.1mg (4.83%), Vitamin E: 0.69mg (4.59%), Manganese: 0.06mg (3.01%), Vitamin K: 1.41µg (1.34%)