



## Omelet Napoletana

READY IN



20 min.

SERVINGS



8

CALORIES



338 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

### Ingredients

- 0.3 teaspoon pepper black
- 8 large eggs
- 3 oz ham cut into 1/4-inch dice
- 2 oz mozzarella fresh unsalted cut into 1/4-inch dice (not )
- 0.1 teaspoon nutmeg freshly grated
- 3 tablespoons olive oil
- 0.3 cup parmesan finely grated
- 0.3 teaspoon salt
- 6 oz pasta like spaghetti

- 8 servings tomato sauce
- 0.3 cup butter unsalted
- 1 tablespoon milk whole

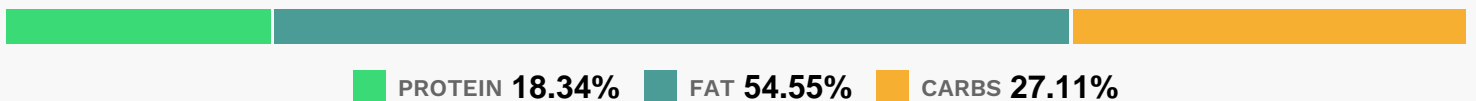
## Equipment

- bowl
- frying pan
- whisk
- pot
- broiler
- spatula
- colander

## Directions

- Cook spaghetti in a 6-quart pot of boiling until al dente.
- Drain well in a colander, then return to pot and immediately toss with 2 tablespoons butter.
- Lightly whisk together eggs, oil, milk, nutmeg, salt, pepper, ham, and mozzarella in a bowl.
- Preheat broiler.
- Heat remaining 2 tablespoons butter in a flameproof 12-inch nonstick skillet over moderate heat until foam subsides, then cook egg mixture, lifting up cooked edges with a heatproof spatula to let raw egg flow underneath, until set on bottom and almost set but still moist on top, 3 to 5 minutes. Arrange spaghetti over eggs, pressing lightly with spatula to help pasta settle into eggs, then sprinkle with Parmigiano-Reggiano.
- Broil omelet 4 to 6 inches from heat until top is pale golden, 2 to 3 minutes.

## Nutrition Facts



## Properties

Glycemic Index:35.13, Glycemic Load:8.6, Inflammation Score:-6, Nutrition Score:14.68521733906%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

## Nutrients (% of daily need)

Calories: 337.85kcal (16.89%), Fat: 20.69g (31.84%), Saturated Fat: 8.17g (51.04%), Carbohydrates: 23.14g (7.71%), Net Carbohydrates: 20.6g (7.49%), Sugar: 5.32g (5.91%), Cholesterol: 215.79mg (71.93%), Sodium: 947.9mg (41.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.65g (31.31%), Selenium: 33.95µg (48.51%), Phosphorus: 245.55mg (24.55%), Vitamin B2: 0.38mg (22.35%), Vitamin E: 3.29mg (21.95%), Vitamin A: 1053.43IU (21.07%), Manganese: 0.35mg (17.69%), Potassium: 524.43mg (14.98%), Vitamin B6: 0.28mg (14.13%), Iron: 2.52mg (13.97%), Vitamin B5: 1.33mg (13.25%), Calcium: 127.59mg (12.76%), Copper: 0.25mg (12.56%), Vitamin B12: 0.73µg (12.24%), Zinc: 1.77mg (11.8%), Vitamin B3: 2.11mg (10.55%), Vitamin C: 8.58mg (10.4%), Magnesium: 40.99mg (10.25%), Fiber: 2.54g (10.16%), Folate: 39.63µg (9.91%), Vitamin B1: 0.14mg (9.16%), Vitamin D: 1.25µg (8.3%), Vitamin K: 7.58µg (7.22%)