



 4%
HEALTH SCORE

Oven Denver Omelet

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



272 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 8 large eggs
- 0.5 cup cup heavy whipping cream
- 1 cup cheddar cheese shredded
- 1 cup finely-chopped ham fully cooked finely chopped
- 0.3 cup bell pepper green finely chopped
- 0.3 cup onion finely chopped

Equipment

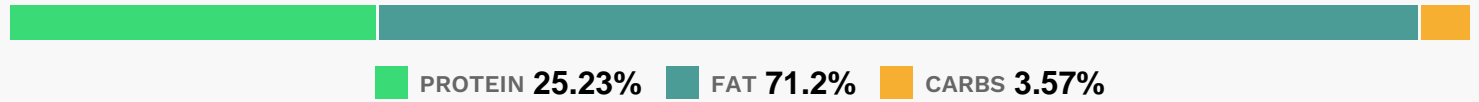
- bowl

- oven
- whisk
- baking pan

Directions

- Preheat oven to 400°. In a large bowl, whisk eggs and cream. Stir in the cheese, ham, green pepper and onion.
- Pour into a greased 9-in. square baking dish.
- Bake until golden brown and the center is set, 25–30 minutes.

Nutrition Facts



Properties

Glycemic Index:10.67, Glycemic Load:0.28, Inflammation Score:-5, Nutrition Score:11.840434960697%

Flavonoids

Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 271.58kcal (13.58%), Fat: 21.36g (32.85%), Saturated Fat: 10.59g (66.19%), Carbohydrates: 2.41g (0.8%), Net Carbohydrates: 2.19g (0.8%), Sugar: 1.32g (1.47%), Cholesterol: 302.99mg (101%), Sodium: 441.17mg (19.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.03g (34.05%), Selenium: 30.15µg (43.08%), Phosphorus: 287.93mg (28.79%), Vitamin B2: 0.47mg (27.85%), Calcium: 186.86mg (18.69%), Vitamin B12: 1.09µg (18.17%), Vitamin A: 863.36IU (17.27%), Zinc: 2.04mg (13.59%), Vitamin B5: 1.33mg (13.29%), Vitamin C: 9.99mg (12.11%), Vitamin D: 1.76µg (11.76%), Vitamin B6: 0.2mg (10.17%), Folate: 38.53µg (9.63%), Vitamin B1: 0.14mg (9.5%), Iron: 1.41mg (7.84%), Vitamin E: 1.05mg (6.99%), Potassium: 198.86mg (5.68%), Magnesium: 19.72mg (4.93%), Copper: 0.08mg (4.23%), Vitamin B3: 0.78mg (3.9%), Manganese: 0.05mg (2.29%), Vitamin K: 1.77µg (1.69%)