



Slow Cooker Western Omelet



Gluten Free



Popular

READY IN



740 min.

SERVINGS



12

CALORIES



257 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 1 pound ham diced cooked
- ☐ 12 eggs
- ☐ 1 bell pepper diced green seeded
- ☐ 2 pound hash brown potatoes shredded frozen
- ☐ 1 cup milk
- ☐ 1 onion diced
- ☐ 12 servings salt and pepper to taste
- ☐ 1.5 cups cheddar cheese shredded

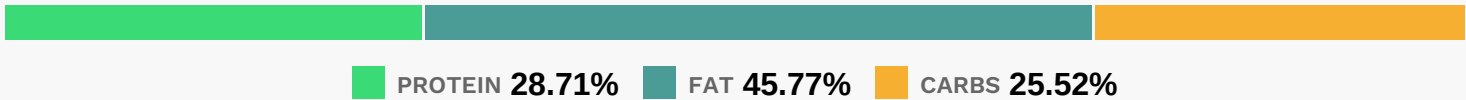
Equipment

- ☐ bowl
- ☐ whisk
- ☐ slow cooker

Directions

- ☐ Lightly grease a 4 quart or larger slow cooker.
- ☐ Place 1/3 of the hash brown potatoes in a layer on the bottom.
- ☐ Layer 1/3 of the ham, onion, green pepper, and Cheddar cheese. Repeat layers two more times. In a large bowl, whisk together eggs and milk, and season with salt and pepper.
- ☐ Pour over the contents of the slow cooker.
- ☐ Cover, and cook on Low for 10 to 12 hours.

Nutrition Facts



Properties

Glycemic Index:11.08, Glycemic Load:4.5, Inflammation Score:-4, Nutrition Score:13.829130494076%

Flavonoids

Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg

Nutrients (% of daily need)

Calories: 256.71kcal (12.84%), Fat: 13.01g (20.02%), Saturated Fat: 5.24g (32.77%), Carbohydrates: 16.32g (5.44%), Net Carbohydrates: 14.94g (5.43%), Sugar: 1.81g (2.02%), Cholesterol: 207.84mg (69.28%), Sodium: 810.25mg (35.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.37g (36.73%), Selenium: 25.65µg (36.64%), Phosphorus: 322.9mg (32.29%), Vitamin C: 23.66mg (28.68%), Vitamin B2: 0.4mg (23.37%), Vitamin B1: 0.32mg (21.11%), Vitamin B12: 1.18µg (19.73%), Calcium: 162.56mg (16.26%), Zinc: 2.2mg (14.67%), Vitamin B6: 0.29mg (14.64%), Vitamin B5: 1.4mg (14.04%), Vitamin B3: 2.72mg (13.6%), Potassium: 454.55mg (12.99%), Iron: 1.91mg (10.61%), Vitamin A: 448.95IU (8.98%), Manganese: 0.17mg (8.36%), Copper: 0.16mg (8.24%), Vitamin D: 1.19µg (7.92%), Folate: 30.54µg (7.63%), Magnesium: 29.7mg (7.43%), Fiber: 1.38g (5.53%), Vitamin E: 0.62mg (4.11%),

Vitamin K: 1.3µg (1.24%)