



Smoked Chops-and-Cheese Omelet

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



468 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 4 teaspoons butter divided
- ☐ 6 large eggs
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 0.7 cup gouda cheese shredded
- ☐ 2 tablespoons onion finely chopped
- ☐ 0.3 teaspoon pepper
- ☐ 2 small plum tomatoes chopped
- ☐ 1 lb pork chops smoked chopped

☐ 0.3 teaspoon salt

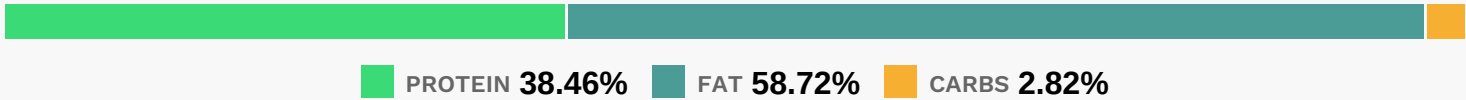
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ spatula

Directions

- ☐ Cook chopped pork in an 8-inch nonstick omelet pan or heavy skillet with sloped sides over medium-low heat 5 minutes or until thoroughly heated.
- ☐ Add tomatoes and onion, and cook, stirring often, until onion is tender.
- ☐ Remove pork mixture from pan; set aside. Wipe skillet clean with paper towels.
- ☐ Whisk together eggs and next 3 ingredients.
- ☐ Melt 1 tsp. butter in same skillet over medium heat.
- ☐ Pour one-fourth egg mixture into skillet. As egg mixture starts to cook, gently lift edges of omelet with a spatula, and tilt pan so uncooked portion flows underneath. Cook 1 to 2 minutes or until almost set. Flip omelet over.
- ☐ Sprinkle 1 side of omelet with one-fourth each of cheese and reserved chopped pork mixture. Cook 1 minute or until cheese begins to melt. Slide filled side of omelet onto a plate, flipping remaining side of omelet over filling. Repeat procedure 3 times with remaining butter, egg mixture, cheese, and pork mixture.
- ☐ Serve immediately.
- ☐ Note: For testing purposes only, we used Smithfield Smoked Pork Chops. You can substitute 1 (15-oz.) carton garden vegetable flavor egg substitute for eggs, parsley, salt, and pepper.

Nutrition Facts



Properties

Glycemic Index:51.5, Glycemic Load:0.68, Inflammation Score:-6, Nutrition Score:26.491304407949%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

Nutrients (% of daily need)

Calories: 467.5kcal (23.37%), Fat: 29.94g (46.06%), Saturated Fat: 14.65g (91.56%), Carbohydrates: 3.23g (1.08%), Net Carbohydrates: 2.71g (0.99%), Sugar: 2.19g (2.44%), Cholesterol: 410.68mg (136.89%), Sodium: 663.7mg (28.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.12g (88.24%), Selenium: 66.36µg (94.8%), Phosphorus: 630.94mg (63.09%), Vitamin B1: 0.81mg (54.21%), Vitamin B6: 1.01mg (50.73%), Vitamin B3: 9.35mg (46.73%), Vitamin B2: 0.69mg (40.85%), Calcium: 333.43mg (33.34%), Vitamin B12: 1.88µg (31.4%), Zinc: 4.34mg (28.94%), Vitamin A: 1099.74IU (21.99%), Vitamin B5: 2.15mg (21.53%), Vitamin K: 20.56µg (19.58%), Potassium: 663.39mg (18.95%), Vitamin D: 2.15µg (14.34%), Magnesium: 54.65mg (13.66%), Folate: 50.82µg (12.71%), Iron: 2.14mg (11.92%), Vitamin E: 1.32mg (8.82%), Copper: 0.16mg (7.76%), Vitamin C: 5.95mg (7.21%), Manganese: 0.09mg (4.65%), Fiber: 0.52g (2.09%)