



Spanish Omelet

 Gluten Free

READY IN



50 min.

SERVINGS



50

CALORIES



28 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 6 eggs
- 0.5 cup cilantro leaves fresh chopped
- 2 cloves garlic minced
- 1 bell pepper green chopped
- 6 oz oscar mayer ham smoked chopped
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 0.5 cup milk
- 1 onion chopped

- 1 lb potatoes red cooked finely chopped (3)
- 4 oz velveeta cut into 1/2-inch cubes
- 4 oz velveeta cut into 1/2-inch cubes

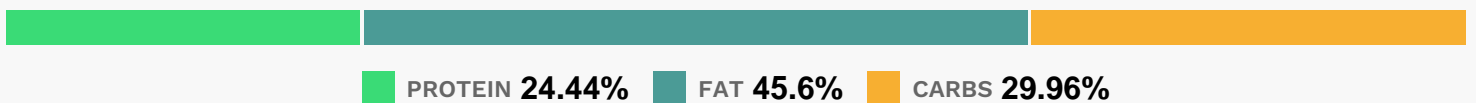
Equipment

- frying pan
- oven
- whisk

Directions

- Heat oven to 350F.
- Cook first 3 ingredients in dressing in 10-inch ovenproof skillet on medium heat 5 min., stirring frequently.
- Add potatoes; cook 5 min., stirring frequently.
- Remove from heat.
- Spread potato mixture onto bottom of skillet; top with ham.
- Whisk eggs and milk until blended; pour over ham. Top with VELVEETA.
- Bake 30 min. or until center is set.
- Sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:2.74, Glycemic Load:0.11, Inflammation Score:-1, Nutrition Score:1.5826086790665%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 28.02kcal (1.4%), Fat: 1.42g (2.18%), Saturated Fat: 0.45g (2.84%), Carbohydrates: 2.1g (0.7%), Net Carbohydrates: 1.86g (0.68%), Sugar: 0.53g (0.59%), Cholesterol: 22.04mg (7.35%), Sodium: 62.36mg (2.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.71g (3.42%), Selenium: 2.54µg (3.63%), Vitamin C: 2.94mg (3.57%), Phosphorus: 27.28mg (2.73%), Vitamin B6: 0.05mg (2.46%), Vitamin B2: 0.04mg (2.32%), Vitamin B1: 0.03mg (2.28%), Potassium: 71.63mg (2.05%), Vitamin K: 1.63µg (1.55%), Vitamin B3: 0.28mg (1.4%), Vitamin B5: 0.14mg (1.38%), Vitamin B12: 0.08µg (1.37%), Zinc: 0.2mg (1.31%), Folate: 4.98µg (1.24%), Manganese: 0.02mg (1.18%), Iron: 0.21mg (1.16%), Copper: 0.02mg (1.11%), Vitamin A: 53.18IU (1.06%), Vitamin D: 0.16µg (1.04%), Magnesium: 4.16mg (1.04%)