



Western Omelet

 Gluten Free

READY IN



15 min.

SERVINGS



2

CALORIES



355 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 4 large eggs
- ☐ 0.3 teaspoon thyme leaves fresh chopped
- ☐ 0.3 cup bell pepper green (1-inch)
- ☐ 2 ounces 3%-less-sodium ham chopped
- ☐ 1 tablespoon olive oil divided
- ☐ 0.5 cup onion (1-inch)
- ☐ 0.3 cup bell pepper red (1-inch)

- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup swiss cheese shredded divided
- ☐ 1 tablespoon water

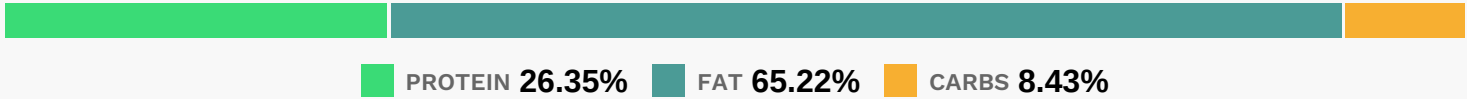
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ spatula

Directions

- ☐ Combine first 4 ingredients in a medium bowl, stirring with a whisk.
- ☐ Heat an 8-inch nonstick skillet over medium-high heat.
- ☐ Add 1 teaspoon oil to pan; swirl to coat. Stir in onion, bell peppers, thyme, and ham; saut 4 minutes or until vegetables are crisp-tender.
- ☐ Remove vegetable mixture from pan; set aside. Clean pan.
- ☐ Return pan to medium-high heat.
- ☐ Add 1 teaspoon oil to pan; swirl to coat.
- ☐ Add half of egg mixture to pan, tilting pan to spread evenly; cook 1 minute or until edges begin to set. Lift edge of omelet with a rubber spatula, tilting pan to roll uncooked egg mixture onto bottom of pan. Repeat procedure on opposite edge of omelet. Cook 1 minute or until center is just set.
- ☐ Sprinkle 2 tablespoons cheese evenly over omelet.
- ☐ Sprinkle half of vegetable mixture over cheese. Run spatula around edges and under omelet to loosen it from pan; fold in half. Slide omelet onto a plate. Repeat procedure with remaining oil, egg mixture, cheese, and vegetable mixture.

Nutrition Facts



Properties

Glycemic Index:86.5, Glycemic Load:1.29, Inflammation Score:-8, Nutrition Score:20.463478212771%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1.45mg, Luteolin: 1.45mg, Luteolin: 1.45mg, Luteolin: 1.45mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.73mg, Quercetin: 8.73mg, Quercetin: 8.73mg, Quercetin: 8.73mg

Nutrients (% of daily need)

Calories: 354.81kcal (17.74%), Fat: 25.61g (39.41%), Saturated Fat: 8.3g (51.86%), Carbohydrates: 7.44g (2.48%), Net Carbohydrates: 5.75g (2.09%), Sugar: 3.71g (4.12%), Cholesterol: 402.13mg (134.04%), Sodium: 652.73mg (28.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.29g (46.57%), Vitamin C: 55.11mg (66.8%), Selenium: 41.43µg (59.19%), Phosphorus: 359.64mg (35.96%), Vitamin B2: 0.6mg (35.34%), Vitamin A: 1534.83IU (30.7%), Vitamin B12: 1.48µg (24.65%), Vitamin B6: 0.46mg (23.22%), Calcium: 193.51mg (19.35%), Vitamin B5: 1.88mg (18.76%), Vitamin E: 2.73mg (18.23%), Zinc: 2.71mg (18.05%), Folate: 70.71µg (17.68%), Vitamin B1: 0.26mg (17.21%), Vitamin D: 2.2µg (14.66%), Iron: 2.39mg (13.25%), Potassium: 386.21mg (11.03%), Vitamin B3: 1.76mg (8.81%), Manganese: 0.16mg (8.15%), Magnesium: 32mg (8%), Vitamin K: 8.12µg (7.74%), Copper: 0.14mg (7.12%), Fiber: 1.69g (6.76%)