



Western Omelette

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



424 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 2 ounces cheese white such as monterey jack, cheddar, or gouda grated
- ☐ 6 ounces ham boiled cut into 1/2-inch dice in one piece
- ☐ 12 large eggs
- ☐ 0.5 bell pepper green cut into 1/2-inch dice
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 0.5 bell pepper red cut into 1/2-inch dice
- ☐ 4 scallions white green roughly chopped and
- ☐ 0.3 cup butter unsalted

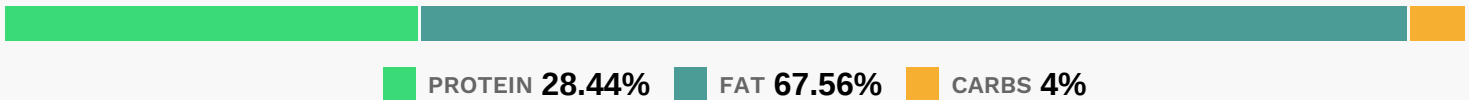
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ aluminum foil
- ☐ spatula

Directions

- ☐ In a small bowl, beat together 3 of the eggs and season lightly with salt and pepper. Set aside.
- ☐ Heat 3 tablespoons of the butter in a small non-stick skillet, with tight-fitting lid, over medium heat.
- ☐ Add the peppers and cook, covered, without stirring, until tender, about 3 minutes. Uncover and raise the heat to medium-high.
- ☐ Add the ham and scallions and cook, stirring frequently, until hot, about 1 minute.
- ☐ Transfer the mixture to a bowl.
- ☐ Melt a nut-sized piece of the remaining butter in the skillet over medium heat. When the foam subsides, add 1/4 of the pepper mixture.
- ☐ Pour in the beaten eggs and cook, stirring constantly with a heat-resistant rubber spatula, until just cooked, about 30 seconds. Turn off the heat and, using the rubber spatula, smooth over the top of the omelette so that it evenly covers the inside of the skillet. If using the cheese, sprinkle about 2 tablespoons over the omelette.
- ☐ Let rest for 30 seconds until the omelette has set.
- ☐ Using the rubber spatula, fold the omelette in half, and transfer to a warmed plate. Cover with foil to keep warm. Repeat with the remaining ingredients to make 4 omelettes in all.

Nutrition Facts



Properties

Glycemic Index:33.25, Glycemic Load:0.45, Inflammation Score:-8, Nutrition Score:22.11565203252%

Flavonoids

Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

Nutrients (% of daily need)

Calories: 424.26kcal (21.21%), Fat: 31.74g (48.83%), Saturated Fat: 15.24g (95.27%), Carbohydrates: 4.23g (1.41%), Net Carbohydrates: 3.32g (1.21%), Sugar: 2.02g (2.25%), Cholesterol: 621.1mg (207.04%), Sodium: 875.82mg (38.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.06g (60.12%), Selenium: 48.34µg (69.06%), Phosphorus: 476.41mg (47.64%), Vitamin B2: 0.77mg (45.42%), Vitamin C: 33.26mg (40.31%), Vitamin A: 1914.51IU (38.29%), Vitamin K: 28.63µg (27.27%), Vitamin B12: 1.48µg (24.61%), Vitamin B5: 2.42mg (24.17%), Folate: 89.5µg (22.38%), Vitamin D: 3.3µg (21.99%), Zinc: 3.26mg (21.76%), Calcium: 209.01mg (20.9%), Iron: 3.66mg (20.34%), Vitamin B6: 0.35mg (17.54%), Vitamin E: 2.3mg (15.32%), Potassium: 434.1mg (12.4%), Copper: 0.24mg (12.03%), Magnesium: 41.14mg (10.28%), Vitamin B1: 0.09mg (5.74%), Manganese: 0.11mg (5.54%), Fiber: 0.9g (3.61%), Vitamin B3: 0.41mg (2.06%)