

Christmas Morning Slow Cooker Omelet

Yield: 4 min
Total Time: 4 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-crock-pot-christmas-crack>

Ingredients:

- 6 eggs
- 1/2 cup almond milk
- salt and ground black pepper to taste
- 1 garlic clove minced
- 1 red bell pepper thinly sliced
- 1 white onion small, finely chopped
- 3/4 cup ham chopped
- 1 cup shredded mozzarella cheese
- cherry tomatoes for garnishing, optional
- fresh parsley for garnishing, optional

Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 365 milligrams
4. Fat: 18 grams
5. Fiber: 2 grams
6. Protein: 24 grams
7. SaturatedFat: 7 grams
8. Sodium: 850 milligrams
9. Sugar: 4 grams

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