



Artichoke, Goat Cheese, and Potato Omelet

 Vegetarian  Gluten Free

READY IN



42 min.

SERVINGS



2

CALORIES



240 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 4 artichoke hearts canned drained coarsely chopped
- 0.3 teaspoon pepper black divided freshly ground
- 4 large egg whites
- 2 large eggs
- 1 ounce goat cheese crumbled
- 1 teaspoon olive oil divided
- 0.3 cup onion chopped
- 2 tablespoons bell pepper red finely chopped

- 1 small baking potatoes unpeeled
- 0.3 teaspoon salt divided
- 1 teaspoon or dried fresh chopped
- 1 teaspoon or dried fresh chopped

Equipment

- bowl
- frying pan
- paper towels
- oven
- whisk
- microwave
- spatula

Directions

- Pierce potato with a fork, and arrange on paper towel in microwave oven. Microwave on HIGH 3 minutes or until done, turning potato after 1 1/2 minutes.
- Let stand 5 minutes. Peel and coarsely chop potato.
- Heat 1/2 teaspoon olive oil in a small nonstick skillet over medium-high heat.
- Add onion, bell pepper, and potato; saut 3 minutes or until tender.
- Add artichoke; cook 2 minutes.
- Add oregano, 1/8 teaspoon salt, and 1/8 teaspoon black pepper.
- Remove from heat, and set aside.
- Combine egg whites, whole eggs, 1/8 teaspoon salt, and 1/8 teaspoon pepper in a small bowl; stir with a whisk.
- Heat a small nonstick skillet over medium-high heat.
- Add 1/4 teaspoon olive oil and half of egg mixture, and cook until edges begin to set (about 2 minutes). Lift edges of omelet with a spatula, tilting pan to allow uncooked egg mixture to come in contact with pan. Cook 2 minutes or until set. Spoon half of potato mixture onto half of omelet; sprinkle with half of crumbled goat cheese. Loosen omelet with spatula; fold in half.

Cook 2 minutes. Repeat procedure with 1/4 teaspoon olive oil, egg mixture, and potato mixture.

Nutrition Facts



■ PROTEIN 30.68% ■ FAT 37.67% ■ CARBS 31.65%

Properties

Glycemic Index:87.88, Glycemic Load:12.64, Inflammation Score:-6, Nutrition Score:13.336521801741%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg

Nutrients (% of daily need)

Calories: 239.58kcal (11.98%), Fat: 9.98g (15.35%), Saturated Fat: 3.95g (24.67%), Carbohydrates: 18.87g (6.29%), Net Carbohydrates: 17.13g (6.23%), Sugar: 2.56g (2.85%), Cholesterol: 192.52mg (64.17%), Sodium: 536.3mg (23.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.29g (36.58%), Selenium: 29.41µg (42.01%), Vitamin B2: 0.61mg (36.11%), Vitamin B6: 0.47mg (23.44%), Vitamin C: 18.23mg (22.1%), Phosphorus: 200.55mg (20.06%), Potassium: 586.94mg (16.77%), Vitamin A: 710.23IU (14.2%), Vitamin B5: 1.3mg (13.02%), Copper: 0.26mg (12.77%), Folate: 47.86µg (11.97%), Manganese: 0.24mg (11.89%), Iron: 2.05mg (11.38%), Magnesium: 38.63mg (9.66%), Vitamin B12: 0.53µg (8.86%), Vitamin B1: 0.12mg (7.78%), Zinc: 1.1mg (7.35%), Vitamin D: 1.06µg (7.04%), Calcium: 70.07mg (7.01%), Fiber: 1.73g (6.94%), Vitamin E: 1mg (6.67%), Vitamin B3: 1.16mg (5.82%), Vitamin K: 4.08µg (3.89%)