



Baby Spinach Omelet

 Gluten Free

READY IN



15 min.

SERVINGS



1

CALORIES



167 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 1 cup torn baby spinach leaves
- 2 eggs
- 0.1 teaspoon ground nutmeg
- 0.3 teaspoon onion powder
- 1.5 tablespoons parmesan cheese grated
- 1 serving salt and pepper to taste

Equipment

- bowl

frying pan

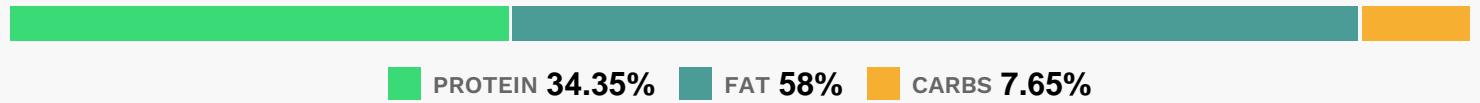
spatula

Directions

In a bowl, beat the eggs, and stir in the baby spinach and Parmesan cheese. Season with onion powder, nutmeg, salt, and pepper.

In a small skillet coated with cooking spray over medium heat, cook the egg mixture about 3 minutes, until partially set. Flip with a spatula, and continue cooking 2 to 3 minutes. Reduce heat to low, and continue cooking 2 to 3 minutes, or to desired doneness.

Nutrition Facts



Properties

Glycemic Index:102, Glycemic Load:0.19, Inflammation Score:-9, Nutrition Score:19.458260836809%

Flavonoids

Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 167.33kcal (8.37%), Fat: 10.68g (16.43%), Saturated Fat: 4g (25.01%), Carbohydrates: 3.17g (1.06%), Net Carbohydrates: 2.38g (0.87%), Sugar: 0.56g (0.62%), Cholesterol: 333.89mg (111.29%), Sodium: 474.11mg (20.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.23g (28.47%), Vitamin K: 145.31µg (138.39%), Vitamin A: 3353.43IU (67.07%), Selenium: 30.02µg (42.88%), Vitamin B2: 0.49mg (28.55%), Folate: 100.52µg (25.13%), Phosphorus: 238.63mg (23.86%), Manganese: 0.31mg (15.72%), Calcium: 147.78mg (14.78%), Vitamin B12: 0.88µg (14.74%), Vitamin B5: 1.4mg (13.97%), Iron: 2.42mg (13.42%), Vitamin D: 1.8µg (11.98%), Zinc: 1.65mg (10.97%), Vitamin B6: 0.22mg (10.91%), Vitamin E: 1.57mg (10.48%), Vitamin C: 8.55mg (10.37%), Magnesium: 37.91mg (9.48%), Potassium: 308.48mg (8.81%), Copper: 0.11mg (5.55%), Vitamin B1: 0.06mg (4.25%), Fiber: 0.79g (3.15%), Vitamin B3: 0.29mg (1.47%)