



## Baked Omelet with Zucchini, Leeks, Feta, and Herbs

 Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



55 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.5 cup egg substitute
- 4 large eggs lightly beaten
- 2 ounces feta cheese crumbled
- 1 tablespoon optional: dill fresh chopped
- 1.5 tablespoons mint leaves fresh chopped
- 2.3 cups leek thinly sliced ( 3 medium)

- 0.3 cup rice long-grain uncooked
- 0.5 teaspoon salt
- 0.8 cup water
- 4 cups zucchini shredded ( 2 medium)

## Equipment

- bowl
- frying pan
- sauce pan
- oven
- baking pan

## Directions

- Bring water to a boil in a medium saucepan; add rice. Cover, reduce heat, and simmer 20 minutes or until liquid is absorbed.
- Place rice in a large bowl.
- Preheat oven to 32
- Heat a large nonstick skillet over medium-low heat. Coat pan with cooking spray.
- Add leek; cover and cook 12 minutes or until tender, stirring occasionally.
- Remove from pan; add leek to rice. Coat pan with cooking spray; increase heat to medium.
- Add zucchini; cook 6 minutes or until tender, stirring occasionally.
- Remove from pan; add zucchini to rice.
- Add egg substitute and next 5 ingredients (through eggs) to rice mixture; stir until blended.
- Pour egg mixture into an 8-inch square baking dish coated with cooking spray.
- Sprinkle with cheese.
- Bake at 325 for 35 minutes or until golden brown and set.

## Nutrition Facts



■ PROTEIN 26.05% ■ FAT 34.21% ■ CARBS 39.74%

## Properties

Glycemic Index:11.39, Glycemic Load:2.03, Inflammation Score:-4, Nutrition Score:4.9456522050111%

## Flavonoids

Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

## Nutrients (% of daily need)

Calories: 54.74kcal (2.74%), Fat: 2.11g (3.25%), Saturated Fat: 0.9g (5.63%), Carbohydrates: 5.52g (1.84%), Net Carbohydrates: 4.9g (1.78%), Sugar: 1.46g (1.63%), Cholesterol: 49.65mg (16.55%), Sodium: 151.59mg (6.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.62g (7.24%), Selenium: 8.09µg (11.56%), Vitamin B2: 0.15mg (8.92%), Vitamin C: 7.26mg (8.8%), Manganese: 0.16mg (8.07%), Vitamin A: 391.98IU (7.84%), Vitamin K: 7.39µg (7.03%), Vitamin B6: 0.13mg (6.57%), Phosphorus: 61.99mg (6.2%), Folate: 24.47µg (6.12%), Vitamin B5: 0.46mg (4.63%), Iron: 0.82mg (4.56%), Calcium: 44.81mg (4.48%), Potassium: 145.47mg (4.16%), Magnesium: 13.66mg (3.42%), Vitamin B12: 0.2µg (3.28%), Zinc: 0.49mg (3.26%), Vitamin B1: 0.04mg (2.89%), Vitamin E: 0.41mg (2.75%), Copper: 0.05mg (2.67%), Vitamin D: 0.38µg (2.56%), Fiber: 0.62g (2.48%), Vitamin B3: 0.3mg (1.5%)