



Basic Egg White Omelet

 Gluten Free

READY IN



15 min.

SERVINGS



1

CALORIES



214 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 0.1 teaspoon pepper black freshly ground
- 4 large egg whites
- 0.3 teaspoon kosher salt
- 2 tablespoons pecorino cheese finely grated
- 1 tablespoon butter unsalted
- 2 teaspoons milk whole

Equipment

- bowl

- frying pan
- whisk
- spatula

Directions

- Whisk the egg whites, cheese, milk, salt, and pepper in a medium bowl until thoroughly combined. Set a serving plate aside. Melt the butter in an 8-inch nonstick frying pan over medium heat until foaming.
- Add the egg mixture and stir constantly with a rubber spatula, moving the eggs around the pan until they form small curds, about 2 to 3 minutes. Gently shake the pan and use the spatula to spread the egg mixture evenly across the pan. Allow the egg whites to cook undisturbed until they set, about 1 minute.
- Remove the pan from heat. Using the spatula, fold a third of the omelet over and onto itself. Gently push the folded side of the omelet toward the edge of the pan. Tilt the pan over the serving plate and roll the omelet onto the plate, seam side down.
- Serve immediately.

Nutrition Facts

PROTEIN 34.13% **FAT 62.16%** **CARBS 3.71%**

Properties

Glycemic Index:97, Glycemic Load:0.31, Inflammation Score:-3, Nutrition Score:6.5304347665414%

Nutrients (% of daily need)

Calories: 214.35kcal (10.72%), Fat: 14.6g (22.46%), Saturated Fat: 9.09g (56.83%), Carbohydrates: 1.96g (0.65%), Net Carbohydrates: 1.9g (0.69%), Sugar: 1.5g (1.67%), Cholesterol: 41.7mg (13.9%), Sodium: 925.88mg (40.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.04g (36.08%), Selenium: 28.19µg (40.28%), Vitamin B2: 0.64mg (37.38%), Calcium: 132.77mg (13.28%), Phosphorus: 109.65mg (10.97%), Vitamin A: 408.93IU (8.18%), Potassium: 245.56mg (7.02%), Vitamin B12: 0.31µg (5.14%), Magnesium: 20.54mg (5.14%), Vitamin B5: 0.35mg (3.49%), Manganese: 0.05mg (2.54%), Vitamin D: 0.37µg (2.47%), Vitamin E: 0.36mg (2.37%), Zinc: 0.36mg (2.37%), Copper: 0.04mg (1.97%), Folate: 6.44µg (1.61%), Vitamin K: 1.64µg (1.56%), Iron: 0.21mg (1.19%), Vitamin B6: 0.02mg (1.12%), Vitamin B1: 0.02mg (1.04%)