



Broccoli & Feta Omelet with Toast

 Vegetarian

READY IN



15 min.

SERVINGS



1

CALORIES



429 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 1 cup broccoli chopped
- 0.3 teaspoon optional: dill dried
- 2 large eggs beaten
- 2 tablespoons feta cheese crumbled
- 2 slices cocktail rye bread toasted

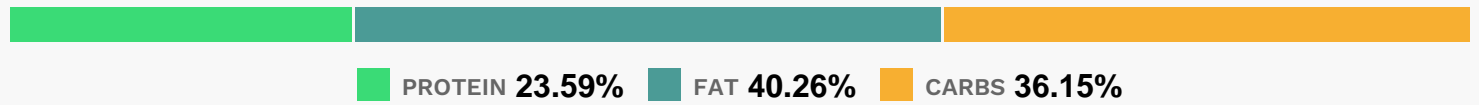
Equipment

- bowl
- frying pan

Directions

- Heat a nonstick skillet over medium heat. Coat pan with cooking spray.
- Add broccoli, and cook 3 minutes.
- Combine egg, feta, and dill in a small bowl.
- Add egg mixture to pan. Cook 3 to 4 minutes; flip omelet and cook 2 minutes or until cooked through.
- Serve with toast.

Nutrition Facts



Properties

Glycemic Index:111.33, Glycemic Load:15.73, Inflammation Score:-8, Nutrition Score:33.905217460964%

Flavonoids

Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 6.9mg, Kaempferol: 6.9mg, Kaempferol: 6.9mg, Kaempferol: 6.9mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg

Nutrients (% of daily need)

Calories: 429.41kcal (21.47%), Fat: 19.27g (29.64%), Saturated Fat: 8.15g (50.96%), Carbohydrates: 38.93g (12.98%), Net Carbohydrates: 32.9g (11.96%), Sugar: 4.33g (4.81%), Cholesterol: 402.26mg (134.09%), Sodium: 945.08mg (41.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.4g (50.8%), Vitamin C: 78.88mg (95.61%), Vitamin K: 91.44µg (87.09%), Selenium: 57.78µg (82.54%), Vitamin B2: 1.06mg (62.47%), Folate: 183.72µg (45.93%), Phosphorus: 452.02mg (45.2%), Manganese: 0.76mg (37.98%), Calcium: 316.16mg (31.62%), Vitamin B1: 0.43mg (28.91%), Vitamin B5: 2.65mg (26.48%), Vitamin B6: 0.52mg (26.02%), Iron: 4.55mg (25.26%), Vitamin A: 1250.82IU (25.02%), Vitamin B12: 1.46µg (24.41%), Fiber: 6.03g (24.14%), Zinc: 3.37mg (22.45%), Vitamin B3: 3.41mg (17.07%), Magnesium: 63.67mg (15.92%), Potassium: 551.67mg (15.76%), Vitamin D: 2.14µg (14.24%), Vitamin E: 2.01mg (13.39%), Copper: 0.25mg (12.31%)