



Broccoli Omelet With Tomato Salad

 **Gluten Free**

READY IN



40 min.

SERVINGS



4

CALORIES



513 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 3 cups broccoli chopped (1 small head)
- 1 teaspoon dijon mustard
- 8 large eggs
- 8 ounces hash browns shredded frozen
- 4 servings kosher salt and pepper freshly ground
- 2 tablespoons milk
- 2 tablespoons olive oil extra-virgin
- 1 tablespoon red wine vinegar

- 2 scallions chopped
- 6 ounces cheddar cheese shredded
- 8 small tomatoes cut into wedges
- 1 tablespoon butter unsalted

Equipment

- bowl
- frying pan
- oven
- whisk
- plastic wrap
- microwave

Directions

- Preheat the oven to 375 degrees F.
- Put the broccoli in a microwave-safe bowl and sprinkle with 3 tablespoons water. Cover with plastic wrap and microwave until crisp-tender, about 4 minutes; drain. Meanwhile, heat the butter in a medium nonstick ovenproof skillet over medium heat.
- Add the hash browns and season lightly with salt and pepper. Cook, stirring occasionally, until golden brown, about 15 minutes.
- Whisk the eggs, milk, cheese, 1/2 teaspoon salt, and pepper to taste in a large bowl and stir in the broccoli. Pat the hash browns into an even layer, then pour the egg-broccoli mixture on top.
- Transfer the skillet to the oven and bake until the omelet is just set, 15 to 20 minutes.
- Whisk the olive oil, vinegar and mustard in a bowl.
- Add the tomatoes and scallions and toss. Season with salt and pepper. Invert the omelet onto a plate and cut into wedges.
- Serve with the tomato salad.
- Photograph by Christopher Testani

Nutrition Facts

PROTEIN 21.12% FAT 60.4% CARBS 18.48%

Properties

Glycemic Index:57.5, Glycemic Load:6.09, Inflammation Score:-9, Nutrition Score:34.168695574221%

Flavonoids

Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Kaempferol: 5.42mg, Kaempferol: 5.42mg, Kaempferol: 5.42mg, Kaempferol: 5.42mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg

Nutrients (% of daily need)

Calories: 513.06kcal (25.65%), Fat: 35.06g (53.94%), Saturated Fat: 14.42g (90.14%), Carbohydrates: 24.14g (8.05%), Net Carbohydrates: 19.23g (6.99%), Sugar: 6.94g (7.71%), Cholesterol: 422.95mg (140.98%), Sodium: 675.64mg (29.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.58g (55.16%), Vitamin C: 89.61mg (108.61%), Vitamin K: 99.94µg (95.18%), Selenium: 45.19µg (64.56%), Vitamin A: 3053.66IU (61.07%), Phosphorus: 518.93mg (51.89%), Vitamin B2: 0.78mg (45.97%), Calcium: 427.12mg (42.71%), Folate: 131.11µg (32.78%), Potassium: 1004.33mg (28.7%), Vitamin E: 4mg (26.65%), Vitamin B6: 0.52mg (25.95%), Vitamin B5: 2.47mg (24.72%), Zinc: 3.62mg (24.11%), Manganese: 0.48mg (23.93%), Vitamin B12: 1.39µg (23.12%), Fiber: 4.9g (19.61%), Iron: 3.51mg (19.52%), Magnesium: 66.52mg (16.63%), Vitamin D: 2.39µg (15.93%), Vitamin B1: 0.23mg (15.44%), Copper: 0.29mg (14.45%), Vitamin B3: 2.59mg (12.96%)