



## Broccoli Four Cheese Omelet

 Gluten Free

READY IN



20 min.

SERVINGS



2

CALORIES



159 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

### Ingredients

- 2 broccolini stalks diced divided finely
- 1 tsp butter divided
- 2 large eggs
- 0.3 cup milk
- 2 servings salt and pepper to taste
- 2 Tbsp milk four cheese shredded 2% mexican style divided kraft finely

### Equipment

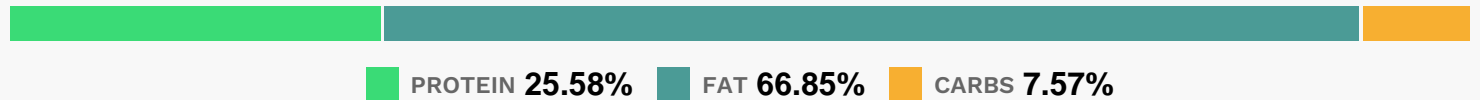
- frying pan

- mixing bowl
- spatula

## Directions

- BEAT eggs and milk in a small mixing bowl; season lightly with salt and pepper. Set aside.
- MELT teaspoon butter in a small frying pan over low-medium heat.
- Add half the amount of broccolini pieces and cook. Carefully pour half the egg mixture over cooked broccolini. Stir with heat resistant rubber spatula until just cooked; approximately 30 seconds.
- TURN off the heat and, using rubber spatula, smooth over the top of the omelet so that it evenly covers the inside of the small frying pan.
- Sprinkle 1 tablespoon of cheese over the omelet.
- Let rest until omelet has set; approximately 30 seconds.
- FOLD the omelet on two sides using the rubber spatula, fold.
- Transfer to a serving plate and keep warm. Repeat with the remaining ingredients to make 2 omelets total.

## Nutrition Facts



## Properties

Glycemic Index:57.5, Glycemic Load:0.9, Inflammation Score:-3, Nutrition Score:8.1721738494285%

## Nutrients (% of daily need)

Calories: 159.29kcal (7.96%), Fat: 11.74g (18.06%), Saturated Fat: 5.87g (36.67%), Carbohydrates: 2.99g (1%), Net Carbohydrates: 2.98g (1.08%), Sugar: 2.17g (2.41%), Cholesterol: 211.38mg (70.46%), Sodium: 490.41mg (21.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.1g (20.21%), Selenium: 18.7µg (26.71%), Vitamin B2: 0.43mg (25.23%), Phosphorus: 197.96mg (19.8%), Calcium: 163.26mg (16.33%), Vitamin B12: 0.96µg (15.94%), Vitamin B5: 1.09mg (10.85%), Vitamin D: 1.52µg (10.1%), Vitamin A: 487.74IU (9.75%), Vitamin B6: 0.18mg (9.1%), Zinc: 1.3mg (8.69%), Folate: 29.01µg (7.25%), Iron: 1mg (5.53%), Vitamin B1: 0.07mg (4.61%), Vitamin E: 0.63mg (4.23%), Potassium: 141.18mg (4.03%), Magnesium: 14.16mg (3.54%), Copper: 0.04mg (2.1%), Vitamin B3: 0.25mg (1.25%), Vitamin C: 0.92mg (1.11%), Manganese: 0.02mg (1.04%)