



Cauliflower and Feta Omelet



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



2

CALORIES



449 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 0.5 medium head cauliflower cut into 1-inch-wide florets (3 cups)
- ☐ 5 large eggs
- ☐ 2 ounces feta crumbled
- ☐ 0.3 cup flat-leaf parsley leaves packed
- ☐ 1 garlic clove minced
- ☐ 2.5 tablespoons olive oil extra-virgin

Equipment

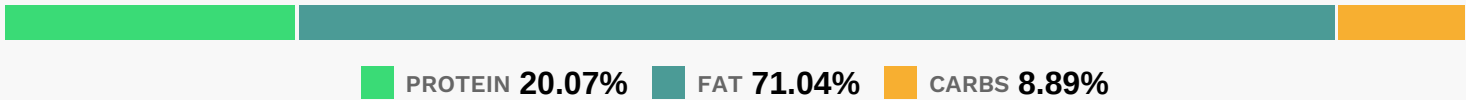
- ☐ frying pan

☐ pot holder

Directions

- ☐ Beat eggs with 1/4 teaspoon salt.
- ☐ Heat oil in a 10-inch heavy nonstick skillet over medium-high heat until it shimmers, then sauté cauliflower until browned and tender, 5 to 9 minutes. Reduce heat to medium, then add garlic, 1/4 teaspoon salt, and 1/8 teaspoon pepper and sauté 1 minute.
- ☐ Pour eggs over cauliflower. Cook, lifting edges to let uncooked egg run underneath and shaking skillet occasionally to loosen omelet, until almost set, 4 to 5 minutes. Slide out onto a large plate. Put skillet over omelet and, using pot holders, firmly hold plate and skillet together, then invert omelet back into skillet and cook 1 to 2 minutes. Slide out onto plate and sprinkle with feta and parsley.
- ☐ Gourmet

Nutrition Facts



Properties

Glycemic Index:60.5, Glycemic Load:1.88, Inflammation Score:-8, Nutrition Score:30.686956384908%

Flavonoids

Apigenin: 16.22mg, Apigenin: 16.22mg, Apigenin: 16.22mg, Apigenin: 16.22mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 449.45kcal (22.47%), Fat: 35.95g (55.31%), Saturated Fat: 10.3g (64.35%), Carbohydrates: 10.12g (3.37%), Net Carbohydrates: 6.96g (2.53%), Sugar: 3.29g (3.65%), Cholesterol: 490.23mg (163.41%), Sodium: 548.61mg (23.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.85g (45.71%), Vitamin K: 156.73µg (149.26%), Vitamin C: 79.73mg (96.64%), Selenium: 43.71µg (62.44%), Vitamin B2: 0.91mg (53.28%), Phosphorus: 412.93mg (41.29%), Folate: 161.2µg (40.3%), Vitamin B5: 3.19mg (31.88%), Vitamin B6: 0.62mg (31.13%), Vitamin A: 1426.57IU (28.53%), Vitamin E: 4.06mg (27.04%), Vitamin B12: 1.59µg (26.53%), Calcium: 254.63mg (25.46%), Iron: 3.56mg (19.8%), Zinc: 2.91mg (19.43%), Potassium: 667.63mg (19.08%), Vitamin D: 2.61µg (17.42%), Manganese: 0.3mg (15.14%), Fiber: 3.15g (12.62%), Vitamin B1: 0.17mg (11.67%), Magnesium: 46.07mg (11.52%), Copper: 0.17mg (8.54%), Vitamin B3: 1.21mg (6.06%)