



Cheese and Tomato Omelet



Vegetarian



Gluten Free

READY IN



12 min.

SERVINGS



2

CALORIES



120 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 2 large egg whites
- ☐ 2 large eggs
- ☐ 1 tablespoon cilantro leaves fresh finely chopped
- ☐ 2 servings cilantro leaves fresh chopped
- ☐ 0.1 teaspoon pepper black
- ☐ 1 ounce cheddar cheese shredded reduced-fat
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup tomatoes diced seeded (1 small)

☐ 2 tablespoons water

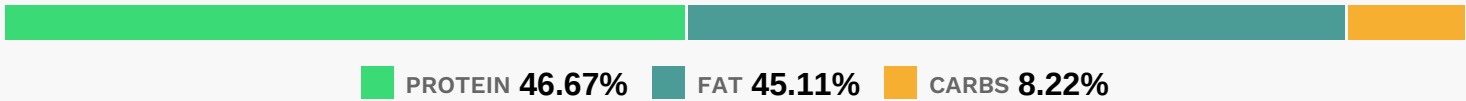
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ spatula

Directions

- ☐ Combine first 6 ingredients in a medium bowl, stirring with a whisk.
- ☐ Heat an 8-inch nonstick skillet over medium-high heat; coat pan with cooking spray.
- ☐ Add egg mixture, and cook until edges begin to set. Gently lift edges of egg mixture with a wide spatula, tilting pan to allow uncooked egg mixture to come in contact with pan. Cook 2 minutes or until egg mixture is almost set; sprinkle with cheese. Spoon tomato over half of omelet; fold in half.
- ☐ Cut omelet in half crosswise, and slide one half onto each of 2 plates.
- ☐ Garnish with cilantro, if desired, and serve immediately.
- ☐ Serve with: Mandarin Oranges with Kiwifruit and Grapes

Nutrition Facts



Properties

Glycemic Index:67, Glycemic Load:0.4, Inflammation Score:-4, Nutrition Score:8.2495653111002%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 120.27kcal (6.01%), Fat: 5.88g (9.05%), Saturated Fat: 2.19g (13.7%), Carbohydrates: 2.41g (0.8%), Net Carbohydrates: 1.92g (0.7%), Sugar: 1.48g (1.64%), Cholesterol: 188.98mg (62.99%), Sodium: 505.99mg (22%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.7g (27.39%), Selenium: 24.01µg (34.31%), Vitamin B2: 0.41mg (24.26%), Phosphorus: 181.84mg (18.18%), Vitamin A: 630.56IU (12.61%), Calcium: 94.25mg (9.42%), Vitamin B12: 0.54µg (9.07%), Vitamin B5: 0.89mg (8.92%), Folate: 32.17µg (8.04%), Vitamin D: 1.01µg (6.76%), Zinc: 0.98mg (6.54%), Potassium: 223.71mg (6.39%), Vitamin C: 5.18mg (6.28%), Vitamin B6: 0.12mg (6.18%), Iron: 1.08mg (6.01%), Vitamin E: 0.74mg (4.96%), Magnesium: 16.44mg (4.11%), Vitamin K: 4.31µg (4.11%), Manganese: 0.08mg (3.95%), Copper: 0.07mg (3.68%), Vitamin B1: 0.04mg (2.48%), Fiber: 0.49g (1.95%), Vitamin B3: 0.31mg (1.53%)