



Cheese and Vegetable Omelet



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



128 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 teaspoon optional: dill dried
- ☐ 8 ounce carton egg substitute
- ☐ 0.3 cup green onions thinly sliced
- ☐ 2 ounces cheddar cheese shredded reduced-fat
- ☐ 1 Dash salt
- ☐ 1.8 cups zucchini finely chopped (1 small)

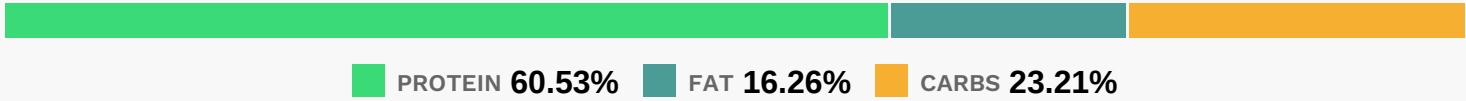
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ spatula

Directions

- ☐ Coat a 10-inch nonstick skillet with cooking spray; place over medium-high heat until hot.
- ☐ Add zucchini, and cook 4 minutes or until crisp-tender, stirring occasionally. Stir in dill; remove mixture from skillet, and set aside. Wipe skillet with paper towels.
- ☐ Coat skillet with cooking spray; place over medium-high heat until hot.
- ☐ Combine egg substitute and next 3 ingredients, stirring well.
- ☐ Add egg substitute mixture to skillet, and cook 2 minutes. Carefully lift edges of omelet using a spatula; allow uncooked portion to flow underneath cooked portion. Cook 2 additional minutes or until center is almost set.
- ☐ Spoon cheese and zucchini mixture down center of omelet. Fold omelet in half. Reduce heat to low; cook 1 additional minute or until cheese melts and omelet is set.

Nutrition Facts



Properties

Glycemic Index:39.5, Glycemic Load:0.63, Inflammation Score:-7, Nutrition Score:18.67478239018%

Flavonoids

Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg

Nutrients (% of daily need)

Calories: 128.2kcal (6.41%), Fat: 2.38g (3.66%), Saturated Fat: 1.33g (8.32%), Carbohydrates: 7.64g (2.55%), Net Carbohydrates: 6.04g (2.2%), Sugar: 5.52g (6.13%), Cholesterol: 5.95mg (1.98%), Sodium: 430.2mg (18.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.91g (39.82%), Selenium: 51.27µg (73.25%), Vitamin K: 39.97µg (38.07%), Vitamin B2: 0.62mg (36.26%), Vitamin C: 23.18mg (28.1%), Phosphorus: 267.33mg (26.73%), Calcium: 233.14mg (23.31%), Vitamin B5: 2.17mg (21.72%), Vitamin B6: 0.35mg (17.67%), Iron: 3.1mg (17.21%), Potassium: 596.9mg (17.05%), Folate: 58.01µg (14.5%), Vitamin A: 705.68IU (14.11%), Zinc: 2.05mg (13.64%), Vitamin E: 2.04mg (13.63%), Vitamin B1: 0.2mg (13.22%), Manganese: 0.26mg (13.2%), Vitamin D: 1.84µg (12.28%), Magnesium: 45.4mg

(11.35%), Vitamin B12: 0.52µg (8.74%), Fiber: 1.6g (6.39%), Copper: 0.11mg (5.31%), Vitamin B3: 0.76mg (3.78%)