



Chilli cheese omelette



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



1

CALORIES



377 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 1 spring onion
- ☐ 3 sprigs cilantro leaves fresh
- ☐ 2 large eggs
- ☐ 1 tbsp unrefined sunflower oil
- ☐ 0.5 tsp pepper dried fresh red generous chopped
- ☐ 25 g mild cheddar cheese grated

Equipment

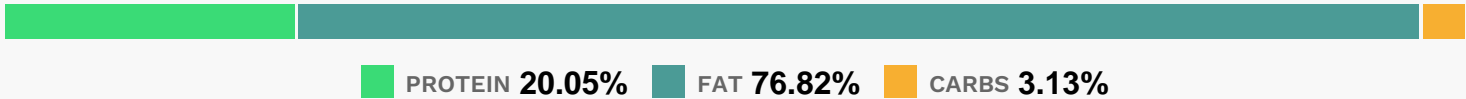
- ☐ frying pan

☐ palette knife

Directions

- ☐ Chop the spring onion and coriander quite finely and beat the eggs together with salt and pepper.
- ☐ Heat the oil in a small frying pan then tip in the onion, coriander and chilli and stir round the pan for a second or two so they soften a little.
- ☐ Pour in the eggs and keep them moving until two thirds have scrambled.
- ☐ Settle the eggs back down on the base of the pan, scatter over the cheese and cook for about a minute until the omelette is just set and the cheese has melted.
- ☐ Carefully fold the omelette using a palette knife and slide from the pan to a serving plate. Eat while the omelette is hot and the cheese still melted.

Nutrition Facts



Properties

Glycemic Index:91, Glycemic Load:0.37, Inflammation Score:-7, Nutrition Score:18.267391235932%

Flavonoids

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 4.81mg, Quercetin: 4.81mg, Quercetin: 4.81mg, Quercetin: 4.81mg

Nutrients (% of daily need)

Calories: 376.95kcal (18.85%), Fat: 32.21g (49.55%), Saturated Fat: 9.34g (58.37%), Carbohydrates: 2.95g (0.98%), Net Carbohydrates: 2.11g (0.77%), Sugar: 0.86g (0.96%), Cholesterol: 397mg (132.33%), Sodium: 326.89mg (14.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.92g (37.84%), Selenium: 38.11µg (54.44%), Vitamin E: 7.6mg (50.69%), Vitamin K: 48.22µg (45.92%), Vitamin B2: 0.6mg (35.12%), Vitamin A: 1656.51IU (33.13%), Phosphorus: 323.14mg (32.31%), Calcium: 249.16mg (24.92%), Vitamin B12: 1.15µg (19.25%), Vitamin B5: 1.69mg (16.92%), Folate: 64.34µg (16.09%), Zinc: 2.33mg (15.54%), Vitamin D: 2.15µg (14.33%), Iron: 2.26mg (12.55%), Vitamin B6: 0.23mg (11.27%), Potassium: 244.6mg (6.99%), Magnesium: 24.37mg (6.09%), Copper: 0.12mg (5.76%), Vitamin C: 4.06mg (4.92%), Manganese: 0.1mg (4.76%), Vitamin B1: 0.06mg (4.05%), Fiber: 0.85g (3.39%), Vitamin B3: 0.34mg (1.71%)