



Classic French Omelet



Vegetarian



Gluten Free



Low Fod Map

READY IN



3 min.

SERVINGS



2

CALORIES



161 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 0.1 teaspoon pepper black divided freshly ground
- ☐ 1 teaspoon butter divided
- ☐ 4 large eggs divided
- ☐ 0.1 teaspoon kosher salt divided

Equipment

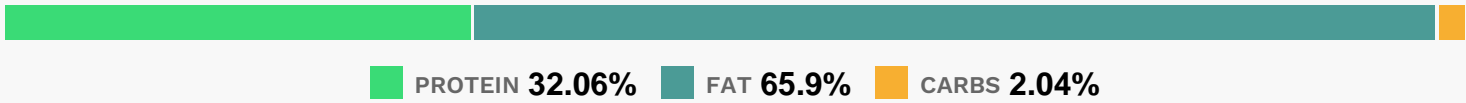
- ☐ bowl
- ☐ frying pan
- ☐ whisk

☐ spatula

Directions

- ☐ Combine dash of salt, dash of pepper, and two eggs in a small bowl. Stir with a whisk until just blended (do not overbeat).
- ☐ Heat an 8-inch nonstick skillet over medium heat. Melt 1/2 teaspoon butter in pan; swirl to coat.
- ☐ Add egg mixture to pan; cook 60 seconds or until eggs are the consistency of very soft scrambled eggs (center will still look wet), stirring constantly with a rubber spatula. Tilt pan while stirring to fill any holes with uncooked egg mixture. Run spatula around edges and under omelet to loosen it from pan. Push one end of omelet up onto front lip of pan.
- ☐ Roll other end of omelet toward lip to close omelet. Turn out onto a plate, seam side down. Repeat with remaining salt, pepper, eggs, and butter.
- ☐ Nutrition Note: Eggs are naturally high in dietary cholesterol, but these omelets fit well within our fat and calorie guidelines.

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:0.02, Inflammation Score:-2, Nutrition Score:9.3508696815242%

Nutrients (% of daily need)

Calories: 161.24kcal (8.06%), Fat: 11.54g (17.76%), Saturated Fat: 4.42g (27.6%), Carbohydrates: 0.8g (0.27%), Net Carbohydrates: 0.77g (0.28%), Sugar: 0.37g (0.41%), Cholesterol: 377.38mg (125.79%), Sodium: 303.44mg (13.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.63g (25.27%), Selenium: 30.73µg (43.9%), Vitamin B2: 0.46mg (26.95%), Phosphorus: 198.8mg (19.88%), Vitamin B5: 1.54mg (15.37%), Vitamin B12: 0.89µg (14.9%), Vitamin D: 2µg (13.33%), Vitamin A: 603.16IU (12.06%), Folate: 47.1µg (11.77%), Iron: 1.76mg (9.8%), Zinc: 1.29mg (8.63%), Vitamin B6: 0.17mg (8.52%), Vitamin E: 1.11mg (7.4%), Calcium: 57.24mg (5.72%), Potassium: 140.29mg (4.01%), Copper: 0.07mg (3.69%), Magnesium: 12.27mg (3.07%), Vitamin B1: 0.04mg (2.68%), Manganese: 0.04mg (2.22%)