



Confetti Cheese Omelet



Gluten Free



Very Healthy

READY IN



14 min.

SERVINGS



2

CALORIES



121 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 1 cup egg substitute fat-free
- ☐ 0.3 cup green onions sliced
- ☐ 2 ounces cheddar cheese shredded reduced-fat
- ☐ 0.3 cup and orange peppers sweet green chopped
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 0.3 cup bell pepper sweet red chopped
- ☐ 0.3 teaspoon salt

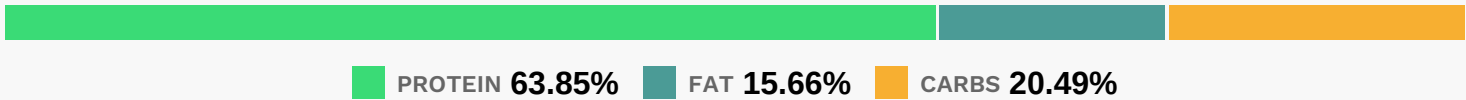
Equipment

- ☐ frying pan
- ☐ spatula

Directions

- ☐ Coat a 10-inch nonstick skillet with cooking spray; place over medium heat until hot.
- ☐ Add peppers and onions; cook 4 minutes, stirring occasionally.
- ☐ Pour egg substitute into skillet; sprinkle with salt and pepper. Cook, without stirring, 2 to 3 minutes or until golden brown on bottom.
- ☐ Sprinkle with cheese. Loosen omelet with a spatula; fold in half. Cook 2 additional minutes or until egg mixture is set and cheese begins to melt.
- ☐ Cut omelet in half. Slide halves onto serving plates.

Nutrition Facts



Properties

Glycemic Index:64, Glycemic Load:0.69, Inflammation Score:-8, Nutrition Score:19.056521477907%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

Nutrients (% of daily need)

Calories: 120.96kcal (6.05%), Fat: 2.13g (3.27%), Saturated Fat: 1.26g (7.88%), Carbohydrates: 6.26g (2.09%), Net Carbohydrates: 5.09g (1.85%), Sugar: 4.4g (4.89%), Cholesterol: 5.95mg (1.98%), Sodium: 706.52mg (30.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.53g (39.05%), Selenium: 53.8µg (76.85%), Vitamin C: 50.63mg (61.37%), Vitamin B2: 0.57mg (33.41%), Vitamin A: 1620.97IU (32.42%), Vitamin K: 28.52µg (27.16%), Phosphorus: 238.32mg (23.83%), Calcium: 218.15mg (21.81%), Vitamin B5: 2.17mg (21.75%), Vitamin E: 2.58mg (17.23%), Iron: 2.87mg (15.93%), Vitamin B6: 0.29mg (14.46%), Vitamin D: 1.95µg (12.99%), Zinc: 1.84mg (12.25%), Folate: 47.5µg (11.87%), Vitamin B1: 0.17mg (11.64%), Potassium: 390.79mg (11.17%), Vitamin B12: 0.55µg (9.12%), Magnesium: 29.94mg (7.49%), Manganese: 0.1mg (5.16%), Fiber: 1.17g (4.68%), Vitamin B3: 0.62mg (3.08%), Copper: 0.05mg (2.63%)