



Creamy No-Fail Cheese Omelet

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



24 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 1 tsp butter
- 4 eggs
- 1 Tbsp green onions thinly sliced
- 2 Tbsp cheddar cheese shredded kraft
- 2 Tbsp water

Equipment

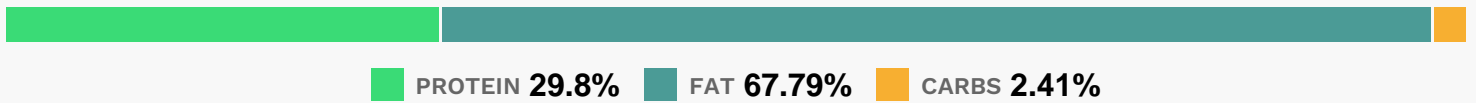
- bowl
- frying pan

- whisk
- microwave
- spatula

Directions

- Microwave cream cheese in bowl on HIGH 10 sec. to soften.
- Add eggs and water; beat with wire whisk until well blended. (Small pieces of cream cheese will remain.) Stir in shredded cheese and green onions.
- Melt butter in small nonstick skillet on medium heat.
- Add egg mixture. Cook 3 to 4 min. or until set, lifting edge with spatula and tilting pan to allow uncooked portion to flow underneath to cook. When egg mixture is set but top is still slightly moist, slip spatula underneath omelet, tip skillet to loosen and gently fold omelet in half.
- Slide or flip omelet onto serving plate; cut in half to serve.

Nutrition Facts



Properties

Glycemic Index:7.27, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:1.288260868872%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 23.92kcal (1.2%), Fat: 1.77g (2.73%), Saturated Fat: 0.76g (4.73%), Carbohydrates: 0.14g (0.05%), Net Carbohydrates: 0.13g (0.05%), Sugar: 0.06g (0.06%), Cholesterol: 45.5mg (15.17%), Sodium: 26.38mg (1.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.75g (3.51%), Selenium: 3.93µg (5.61%), Vitamin B2: 0.06mg (3.47%), Phosphorus: 28.65mg (2.87%), Vitamin B12: 0.12µg (1.95%), Vitamin B5: 0.19mg (1.85%), Vitamin A: 87.03IU (1.74%), Vitamin D: 0.24µg (1.61%), Folate: 6.02µg (1.5%), Calcium: 15.01mg (1.5%), Zinc: 0.19mg (1.3%), Iron: 0.21mg (1.18%), Vitamin B6: 0.02mg (1.05%)