



## Creamy Veggie Omelet

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



465 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

## Ingredients

- ☐ 1 cup broccoli fresh chopped
- ☐ 2 teaspoons butter
- ☐ 2 teaspoons butter divided
- ☐ 3 tablespoons cream cheese with chive and onion soft
- ☐ 6 large eggs
- ☐ 3 tablespoons feta cheese crumbled
- ☐ 1 cup mushrooms fresh sliced
- ☐ 0.5 small bell pepper green chopped

- ☐ 0.3 teaspoon pepper
- ☐ 0.5 small bell pepper red chopped
- ☐ 0.3 teaspoon salt

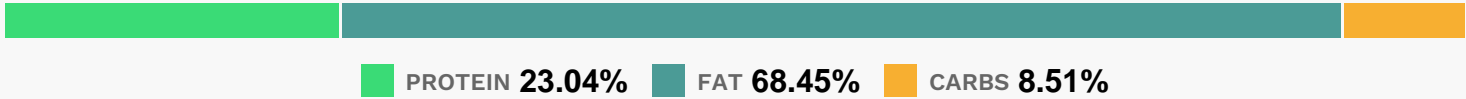
## Equipment

- ☐ frying pan
- ☐ whisk
- ☐ spatula

## Directions

- ☐ Whisk together eggs, 1/4 teaspoon salt, and 1/4 teaspoon pepper; set aside.
- ☐ Melt 2 teaspoons butter in a small, heavy nonstick skillet coated with cooking spray over medium-high heat, rotating pan to coat bottom evenly.
- ☐ Add red bell pepper and next 5 ingredients. Cook, stirring often, 10 minutes or until peppers are tender.
- ☐ Remove mixture from skillet; set aside. Wipe skillet clean.
- ☐ Coat skillet with cooking spray; add 1 teaspoon butter to skillet, and melt over medium-high heat.
- ☐ Add half of egg mixture. As egg mixture starts to cook, gently lift edges of omelet with a spatula, and tilt pan so uncooked portion flows underneath. Flip omelet over.
- ☐ Sprinkle 1 side of omelet with half of vegetable mixture. Dollop with half of cream cheese, and sprinkle with half of feta cheese. Fold in half. Cook 2 minutes or until cheese melts. To make next omelet, repeat with remaining butter, egg mixture, vegetable mixture, and cheeses.
- ☐ Serve immediately.
- ☐ Note: For testing purposes only, we used Philadelphia Soft Cream Cheese with Chive & Onion.
- ☐ \* 1/4 cup shredded Swiss cheese may be substituted.

## Nutrition Facts



## Properties

Glycemic Index:96, Glycemic Load:1.83, Inflammation Score:-9, Nutrition Score:31.491739107215%

Flavonoids

Luteolin: 1.34mg, Luteolin: 1.34mg, Luteolin: 1.34mg, Luteolin: 1.34mg Kaempferol: 3.46mg, Kaempferol: 3.46mg, Kaempferol: 3.46mg, Kaempferol: 3.46mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg

Nutrients (% of daily need)

Calories: 464.76kcal (23.24%), Fat: 35.7g (54.92%), Saturated Fat: 14.25g (89.06%), Carbohydrates: 9.98g (3.33%), Net Carbohydrates: 7.59g (2.76%), Sugar: 4.29g (4.77%), Cholesterol: 602.66mg (200.89%), Sodium: 975.24mg (42.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.04g (54.08%), Vitamin C: 78.83mg (95.55%), Selenium: 57.34µg (81.92%), Vitamin B2: 1.22mg (71.78%), Vitamin A: 2490.58IU (49.81%), Phosphorus: 487.73mg (48.77%), Vitamin K: 48.93µg (46.6%), Vitamin B5: 3.73mg (37.3%), Folate: 127µg (31.75%), Vitamin B12: 1.84µg (30.72%), Vitamin B6: 0.6mg (29.96%), Calcium: 260.36mg (26.04%), Zinc: 3.28mg (21.88%), Vitamin D: 3.2µg (21.32%), Iron: 3.55mg (19.69%), Vitamin E: 2.83mg (18.86%), Potassium: 622.19mg (17.78%), Copper: 0.31mg (15.66%), Vitamin B3: 2.67mg (13.37%), Vitamin B1: 0.2mg (13.08%), Manganese: 0.24mg (12.12%), Magnesium: 43.17mg (10.79%), Fiber: 2.39g (9.56%)