



Easy Egg White Omelet



Vegetarian



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



123 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 32 ounce pasteurized egg white substitute refrigerated egg beaters whites® such as
- ☐ 2 tablespoons bell pepper green chopped
- ☐ 4 servings salt and ground pepper black to taste
- ☐ 2 tablespoons mushrooms chopped
- ☐ 2 tablespoons onion chopped

Equipment

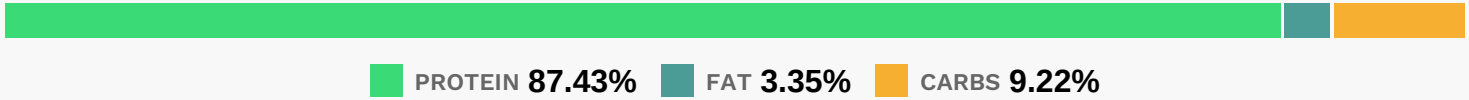
- ☐ oven
- ☐ loaf pan

☐ microwave

Directions

- ☐ Spray a 9x5-inch glass or microwave-safe loaf pan with cooking spray; sprinkle the onion, green bell pepper, and mushrooms into the pan, and toss lightly with a fork just to mix. Season with salt and black pepper, and pour in the egg whites.
- ☐ Cook in a microwave oven on High setting for 3 minutes.
- ☐ Remove and stir the cooked egg white from the side of the pan into the rest of the ingredients; cook for 3 more minutes on High. If the omelet is still a little runny on top, slice it into chunks and turn them over in the loaf pan; microwave for 30 more seconds on High. Adjust salt and pepper, and serve.

Nutrition Facts



Properties

Glycemic Index:25.25, Glycemic Load:0.18, Inflammation Score:-2, Nutrition Score:8.0360869340923%

Flavonoids

Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 122.74kcal (6.14%), Fat: 0.43g (0.66%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 2.64g (0.88%), Net Carbohydrates: 2.38g (0.87%), Sugar: 2.08g (2.31%), Cholesterol: 0mg (0%), Sodium: 377.21mg (16.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.05g (50.11%), Selenium: 46.08µg (65.82%), Vitamin B2: 1.03mg (60.48%), Potassium: 409.96mg (11.71%), Magnesium: 26.75mg (6.69%), Vitamin B5: 0.55mg (5.54%), Vitamin C: 4.26mg (5.17%), Phosphorus: 42.92mg (4.29%), Copper: 0.08mg (4.1%), Vitamin B12: 0.21µg (3.45%), Folate: 11.76µg (2.94%), Vitamin B3: 0.53mg (2.67%), Manganese: 0.05mg (2.66%), Calcium: 18.16mg (1.82%), Vitamin B6: 0.04mg (1.79%), Iron: 0.25mg (1.41%), Vitamin B1: 0.02mg (1.34%), Fiber: 0.26g (1.05%)