



Egyptian Feta Cheese Omelet Roll

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



2

CALORIES



256 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 teaspoon pepper black
- 4 eggs beaten
- 3 tablespoons feta cheese crumbled
- 1 teaspoon milk
- 1 tablespoon vegetable oil

Equipment

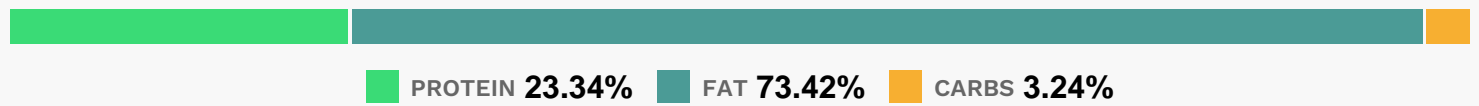
- bowl
- frying pan

spatula

Directions

- In a small bowl, beat eggs and pepper together. In another small bowl, combine crumbled cheese with milk.
- Heat oil in a large non-stick skillet over medium-high heat.
- Pour in eggs, and tilt pan until bottom is evenly covered. When edges appear cooked, place feta mixture in a line in the center of eggs. Using a spatula, fold eggs over top and bottom of cheese, then fold sides over.

Nutrition Facts



Properties

Glycemic Index:48.5, Glycemic Load:0.37, Inflammation Score:-3, Nutrition Score:12.249130461527%

Nutrients (% of daily need)

Calories: 256.28kcal (12.81%), Fat: 20.75g (31.92%), Saturated Fat: 7.24g (45.23%), Carbohydrates: 2.06g (0.69%), Net Carbohydrates: 1.93g (0.7%), Sugar: 0.45g (0.5%), Cholesterol: 350.36mg (116.79%), Sodium: 416.71mg (18.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.84g (29.69%), Selenium: 30.91µg (44.16%), Vitamin B2: 0.62mg (36.57%), Phosphorus: 263.49mg (26.35%), Vitamin B12: 1.23µg (20.46%), Calcium: 180.29mg (18.03%), Vitamin B5: 1.61mg (16.12%), Vitamin K: 14.05µg (13.38%), Vitamin B6: 0.26mg (13.04%), Vitamin D: 1.89µg (12.6%), Zinc: 1.89mg (12.57%), Folate: 49.6µg (12.4%), Vitamin A: 589.59IU (11.79%), Vitamin E: 1.53mg (10.22%), Iron: 1.76mg (9.75%), Vitamin B1: 0.08mg (5.09%), Manganese: 0.1mg (4.78%), Potassium: 147.65mg (4.22%), Magnesium: 16.56mg (4.14%), Copper: 0.08mg (3.91%), Vitamin B3: 0.33mg (1.64%)