



Fresh Herb Omelette

 Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



317 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 2 eggs
- 0.3 teaspoon pepper black
- 0.1 cup spring onion chopped
- 4 cherry tomatoes
- 1 sprig basil fresh chopped
- 1 sprig basil fresh chopped
- 0.1 cup parmesan shredded
- 1 serving olive oil

Equipment

- bowl
- frying pan

Directions

- Stir your eggs together in a bowl with the pepper making sure to break the yolks.
- Heat a pan to medium-high and pour enough olive oil to cover the bottom of the pan.
- Pour your egg into the pan. Cook for 1-2 minutes or until the egg stops bubbling and begins to solidify.
- Flip the egg over and heat the other side until it is cooked through.
- Place on your plate.
- Add your toppings and enjoy!

Nutrition Facts

PROTEIN 20.86% **FAT 72.73%** **CARBS 6.41%**

Properties

Glycemic Index:231, Glycemic Load:0.39, Inflammation Score:-6, Nutrition Score:16.798695652174%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

Nutrients (% of daily need)

Calories: 317.02kcal (15.85%), Fat: 25.74g (39.6%), Saturated Fat: 6.76g (42.25%), Carbohydrates: 5.11g (1.7%), Net Carbohydrates: 4.11g (1.5%), Sugar: 2.43g (2.69%), Cholesterol: 335.86mg (111.95%), Sodium: 335.23mg (14.58%), Protein: 16.61g (33.22%), Vitamin K: 54.1µg (51.53%), Selenium: 30.28µg (43.26%), Phosphorus: 287.69mg (28.77%), Vitamin B2: 0.47mg (27.8%), Vitamin A: 1243.71IU (24.87%), Vitamin E: 3.45mg (23.03%), Vitamin C: 18.57mg (22.51%), Calcium: 223.2mg (22.32%), Vitamin B12: 0.93µg (15.55%), Folate: 61.88µg (15.47%), Vitamin B5: 1.52mg (15.18%), Iron: 2.54mg (14.13%), Vitamin D: 1.82µg (12.15%), Vitamin B6: 0.23mg (11.5%), Manganese: 0.23mg (11.41%), Zinc: 1.66mg (11.07%), Potassium: 334.27mg (9.55%), Copper: 0.15mg (7.54%), Magnesium: 28.1mg (7.02%), Vitamin

B1: 0.07mg (4.89%), Fiber: 0.99g (3.97%), Vitamin B3: 0.57mg (2.85%)