



## Flat Zucchini Omelet



Vegetarian



Gluten Free



Low Fod Map

READY IN



1500 min.

SERVINGS



1

CALORIES



569 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

## Ingredients

- ☐ 1 large pinch pepper black
- ☐ 2 large eggs
- ☐ 1 teaspoon a pinch of marjoram dried fresh finely chopped
- ☐ 2 tablespoons olive oil
- ☐ 1.8 teaspoons salt
- ☐ 1 tablespoon butter unsalted
- ☐ 1 lb zucchini

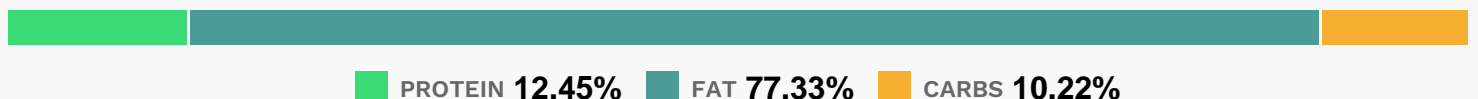
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ spatula
- ☐ colander
- ☐ box grater
- ☐ oven mitt

## Directions

- ☐ Trim ends of zucchini, then coarsely grate on large holes of a box grater. Toss zucchini with 1 teaspoon salt in a large bowl and let stand 30 minutes.
- ☐ Transfer zucchini to a colander, then firmly squeeze handfuls to remove excess liquid.
- ☐ Heat olive oil in a 10-inch heavy skillet over moderately high heat until hot but not smoking and sauté zucchini, stirring until golden, 6 to 7 minutes.
- ☐ Remove skillet from heat and stir in marjoram, then let mixture cool to warm, about 15 minutes.
- ☐ Lightly beat eggs with zucchini, pepper, and remaining 3/4 teaspoon salt in a large bowl, using a fork.
- ☐ Heat butter in a 7- to 8-inch nonstick skillet over moderately high heat until foam subsides and butter has a nutty fragrance.
- ☐ Add egg mixture, distributing zucchini evenly with a heatproof rubber spatula, and cook, lifting up egg around edges occasionally to let any uncooked egg flow underneath, until egg mixture is set around edge, about 1 minute.
- ☐ Reduce heat to moderately low and cook omelet until softly set but top is still moist, about 3 minutes.
- ☐ Shake skillet to loosen omelet from pan, then slide omelet onto a large plate.
- ☐ Wearing oven mitts, invert skillet over omelet, then holding skillet and plate together invert omelet, browned side up, into skillet. Cook omelet until underside is set, about 1 minute, then slide omelet onto a serving plate.

## Nutrition Facts



## Properties

Glycemic Index:47, Glycemic Load:1.45, Inflammation Score:-9, Nutrition Score:30.619130300439%

## Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg

## Nutrients (% of daily need)

Calories: 568.53kcal (28.43%), Fat: 50.33g (77.43%), Saturated Fat: 14.57g (91.05%), Carbohydrates: 14.96g (4.99%), Net Carbohydrates: 10.36g (3.77%), Sugar: 11.72g (13.03%), Cholesterol: 402.1mg (134.03%), Sodium: 4250.07mg (184.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.23g (36.46%), Vitamin C: 81.24mg (98.48%), Vitamin B2: 0.89mg (52.27%), Vitamin B6: 0.91mg (45.56%), Selenium: 31.77µg (45.38%), Manganese: 0.86mg (43.01%), Vitamin E: 5.95mg (39.69%), Folate: 156.57µg (39.14%), Potassium: 1329.21mg (37.98%), Phosphorus: 374.19mg (37.42%), Vitamin K: 38.43µg (36.6%), Vitamin A: 1805.66IU (36.11%), Vitamin B5: 2.48mg (24.75%), Magnesium: 94.55mg (23.64%), Iron: 3.71mg (20.64%), Zinc: 2.77mg (18.46%), Fiber: 4.6g (18.41%), Vitamin B1: 0.25mg (16.35%), Copper: 0.32mg (16.01%), Vitamin B12: 0.91µg (15.23%), Vitamin D: 2.21µg (14.73%), Calcium: 137.17mg (13.72%), Vitamin B3: 2.13mg (10.66%)