



Foster's Omelets



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



365 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 3 large eggs
- ☐ 1 serving salt and pepper black freshly ground to taste
- ☐ 1.5 tablespoons butter unsalted

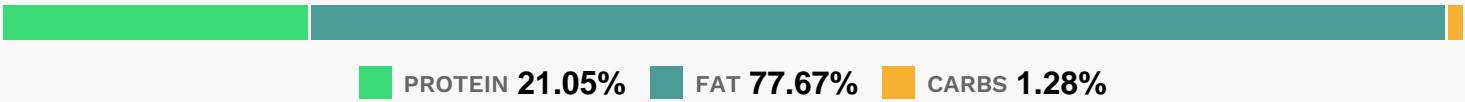
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ spatula

Directions

- ☐ Heat an 8-inch nonstick omelet pan over medium heat.
- ☐ Beat the eggs with the salt and pepper in a small bowl with a whisk or fork.
- ☐ Place the butter in the pan and swirl it around in the pan to distribute evenly. When the butter has melted and the foam subsides, pour the eggs into the pan.
- ☐ Let the eggs sit for a few seconds to begin cooking, then push the outer edges of the eggs toward the center of the pan with a spatula. As they cook, continue pushing the edges toward the center, allowing uncooked egg to flow to the outer edges of the pan.
- ☐ When the eggs are still moist but no longer runny, place the desired filling on one side of the omelet.
- ☐ Fold the omelet over the filling with a spatula. Slide the omelet onto a warm plate and serve immediately or keep warm while you make the remaining omelets.
- ☐ Garnish as desired.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:0.01, Inflammation Score:-5, Nutrition Score:14.7334780787%

Nutrients (% of daily need)

Calories: 365.32kcal (18.27%), Fat: 31.3g (48.16%), Saturated Fat: 15.48g (96.77%), Carbohydrates: 1.16g (0.39%), Net Carbohydrates: 1.13g (0.41%), Sugar: 0.57g (0.63%), Cholesterol: 603.15mg (201.05%), Sodium: 215.33mg (9.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.09g (38.18%), Selenium: 46.26µg (66.09%), Vitamin B2: 0.69mg (40.75%), Phosphorus: 302.2mg (30.22%), Vitamin A: 1335.34IU (26.71%), Vitamin B5: 2.32mg (23.24%), Vitamin B12: 1.37µg (22.85%), Vitamin D: 3.32µg (22.1%), Folate: 71.15µg (17.79%), Iron: 2.64mg (14.66%), Vitamin E: 2.06mg (13.75%), Zinc: 1.96mg (13.03%), Vitamin B6: 0.26mg (12.8%), Calcium: 89.48mg (8.95%), Potassium: 213.37mg (6.1%), Copper: 0.11mg (5.63%), Magnesium: 18.59mg (4.65%), Vitamin B1: 0.06mg (4.08%), Manganese: 0.06mg (2.78%), Vitamin K: 2.08µg (1.98%)