



French in a Flash: Easy-Omelet with Zucchini, Goat Cheese, and Mint

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



212 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 large eggs
- 15 leaves mint leaves fresh
- 0.5 cup milk
- 4 servings salt and pepper black
- 1 tablespoon butter unsalted
- 3 medium zucchini sliced

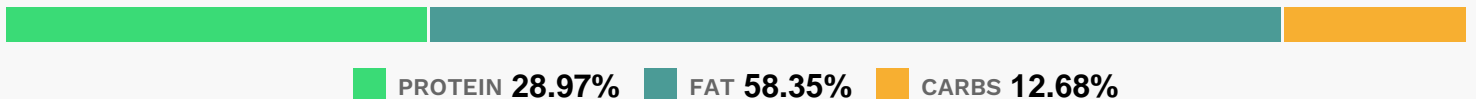
Equipment

- bowl
- frying pan
- oven
- whisk
- broiler

Directions

- Adjust oven rack to middle position and preheat oven to 350°F. Melt butter over medium-low heat in 9-inch straight-sided sauté pan.
- Add zucchini and season with salt and pepper. Reduce heat to low, cover, and cook, stirring occasionally until zucchini is tender, about 7 minutes. Uncover and set aside to cool.
- In large bowl, whisk together eggs, milk, mint, salt, and pepper. Crumble goat cheese and arrange on top of zucchini.
- Pour egg mixture over top, adjusting zucchini so they lie parallel to bottom of pan.
- Bake 30 minutes until set. Turn broiler to high and broil until puffed, bubbling, and golden, about 7 minutes.
- Cut into 6 wedges and serve immediately with chopped green pistachios as garnish.

Nutrition Facts



Properties

Glycemic Index:13.25, Glycemic Load:1.01, Inflammation Score:-6, Nutrition Score:16.429130409075%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg

Nutrients (% of daily need)

Calories: 211.52kcal (10.58%), Fat: 13.8g (21.23%), Saturated Fat: 5.62g (35.12%), Carbohydrates: 6.75g (2.25%), Net Carbohydrates: 5.26g (1.91%), Sugar: 5.51g (6.13%), Cholesterol: 383.18mg (127.73%), Sodium: 359.58mg (15.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.42g (30.83%), Selenium: 31.61µg (45.16%), Vitamin B2:

0.64mg (37.59%), Vitamin C: 26.37mg (31.97%), Phosphorus: 285.64mg (28.56%), Vitamin B6: 0.43mg (21.43%), Folate: 82.6µg (20.65%), Vitamin A: 978.84IU (19.58%), Vitamin B5: 1.95mg (19.51%), Vitamin B12: 1.06µg (17.68%), Potassium: 569.37mg (16.27%), Vitamin D: 2.39µg (15.92%), Manganese: 0.29mg (14.61%), Iron: 2.31mg (12.81%), Zinc: 1.89mg (12.61%), Calcium: 118.45mg (11.85%), Magnesium: 42.35mg (10.59%), Vitamin E: 1.32mg (8.82%), Vitamin B1: 0.12mg (8.24%), Copper: 0.15mg (7.58%), Vitamin K: 6.96µg (6.63%), Fiber: 1.49g (5.94%), Vitamin B3: 0.77mg (3.87%)