



Fresh Herbed Omelet with Goat Cheese

 Vegetarian  Gluten Free

READY IN



13 min.

SERVINGS



2

CALORIES



157 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 0.1 teaspoon pepper black
- 1 teaspoon butter
- 2 large egg whites
- 2 large eggs
- 2 tablespoons milk fat-free
- 1 tablespoon basil fresh chopped
- 2 teaspoons thyme leaves fresh chopped
- 1 ounce goat cheese crumbled

- 2 teaspoons oregano fresh chopped
- 0.3 teaspoon salt

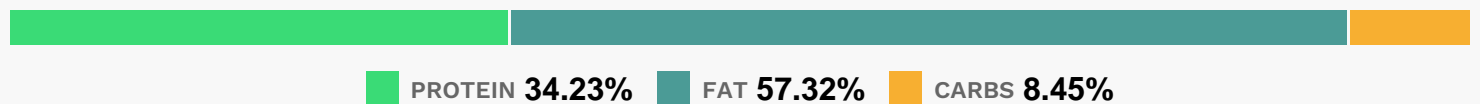
Equipment

- bowl
- frying pan
- whisk
- spatula

Directions

- Combine first 8 ingredients in a bowl, stirring with a whisk.
- Melt butter in a 9-inch nonstick skillet over medium heat.
- Pour egg mixture into pan. As mixture starts to cook, gently lift edges of omelet with a spatula, and tilt pan so uncooked portion flows underneath. Cook just until set (about 5 minutes).
- Sprinkle cheese over omelet. Fold omelet in half; cover and reduce heat to low. Cook 2 minutes.
- Cut omelet in half crosswise.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:117.63, Glycemic Load:0.39, Inflammation Score:-10, Nutrition Score:10.065217412036%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg

Nutrients (% of daily need)

Calories: 156.97kcal (7.85%), Fat: 9.97g (15.34%), Saturated Fat: 4.97g (31.04%), Carbohydrates: 3.31g (1.1%), Net Carbohydrates: 2.13g (0.78%), Sugar: 1.39g (1.54%), Cholesterol: 198.35mg (66.12%), Sodium: 491.6mg (21.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.39g (26.79%), Selenium: 22.77µg (32.53%), Vitamin B2:

0.47mg (27.57%), Vitamin K: 17.37µg (16.54%), Phosphorus: 162.72mg (16.27%), Vitamin A: 691.97IU (13.84%), Iron: 2.3mg (12.79%), Calcium: 113.1mg (11.31%), Vitamin B5: 1.01mg (10.12%), Vitamin B12: 0.59µg (9.88%), Manganese: 0.19mg (9.73%), Copper: 0.18mg (8.86%), Folate: 33.24µg (8.31%), Vitamin D: 1.22µg (8.14%), Vitamin B6: 0.16mg (8.03%), Vitamin E: 0.98mg (6.55%), Zinc: 0.96mg (6.37%), Magnesium: 23.21mg (5.8%), Potassium: 194.18mg (5.55%), Fiber: 1.18g (4.71%), Vitamin C: 3.43mg (4.16%), Vitamin B1: 0.04mg (2.98%), Vitamin B3: 0.29mg (1.46%)