



Garden-Fresh Puffy Omelets

READY IN



45 min.

SERVINGS



2

CALORIES



110 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 0.5 cup alfalfa sprouts
- ☐ 0.5 cup egg substitute
- ☐ 4 large egg whites
- ☐ 2 tablespoons skim milk fat-free
- ☐ 1 tablespoon flour all-purpose
- ☐ 1.5 teaspoons optional: dill fresh minced
- ☐ 1.5 tablespoons parmesan fresh grated
- ☐ 0.1 teaspoon pepper
- ☐ 0.3 teaspoon salt

☐ 1 tomatoes thinly sliced

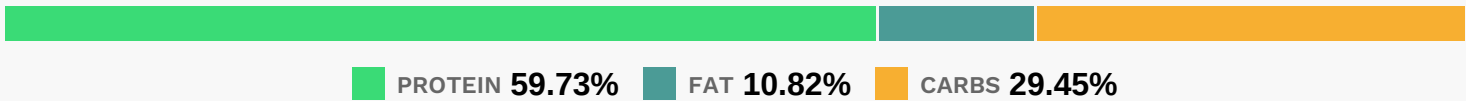
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ blender
- ☐ spatula

Directions

- ☐ Combine first 5 ingredients in a large bowl; set aside.
- ☐ Beat egg whites with a mixer at high speed until soft peaks form; add flour, beating until stiff peaks form. Fold egg white into egg substitute mixture.
- ☐ Coat a 6-inch nonstick skillet with cooking spray; place over medium heat until hot.
- ☐ Pour half of egg white mixture into pan, spreading evenly. Cover and cook 5 minutes or until center is set.
- ☐ Layer half each of alfalfa sprouts, tomato, and cheese over half of omelet. Loosen omelet with spatula; fold in half. Slide omelet onto a plate. Repeat procedure with remaining egg white mixture, sprouts, tomato, and cheese.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:110.13, Glycemic Load:2.99, Inflammation Score:-6, Nutrition Score:11.591304405876%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 109.88kcal (5.49%), Fat: 1.31g (2.02%), Saturated Fat: 0.65g (4.08%), Carbohydrates: 8.05g (2.68%), Net Carbohydrates: 7.02g (2.55%), Sugar: 4.1g (4.56%), Cholesterol: 3mg (1%), Sodium: 589.59mg (25.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.32g (32.64%), Selenium: 40.45µg (57.79%), Vitamin B2: 0.59mg (34.97%), Vitamin A: 726.44IU (14.53%), Vitamin B5: 1.31mg (13.12%), Calcium: 122.86mg (12.29%), Potassium: 422.44mg (12.07%), Phosphorus: 120.01mg (12%), Vitamin C: 9.47mg (11.47%), Vitamin B1: 0.14mg (9.54%), Iron: 1.71mg (9.5%), Vitamin E: 1.3mg (8.66%), Folate: 31.99µg (8%), Vitamin D: 1.14µg (7.62%), Vitamin B6: 0.15mg (7.47%), Magnesium: 29.79mg (7.45%), Vitamin K: 7.77µg (7.4%), Manganese: 0.14mg (7.04%), Zinc: 0.99mg (6.59%), Vitamin B12: 0.4µg (6.59%), Copper: 0.09mg (4.33%), Fiber: 1.03g (4.12%), Vitamin B3: 0.81mg (4.05%)